

Pine

Related Products

- Peppermint Hydrosol - January Special BOGO FREE 250ml & 1L sizes
- Tea Tree
- Brian's Arthritis Cream
- Black Spruce
- MIO

General Properties

- antifungal
- antirheumatic
- antiseptic
- decongestant
- deodorant
- detoxifier
- disinfectant
- expectorant

Description

Pine is obtained from the dry distillation of the needles (sometimes the young twigs and cones are also used) to produce an oil that is very pale yellow in color. Its' main constituent is pinene. Some of the countries of origin are Europe, and North America.

Essential oil of Pine also has a stimulating effect on the circulation, making it good for helping to relieve the pain of sore muscles from a too vigorous workout or from arthritis or rheumatism. Pine essential oil is used mainly for helping to treat respiratory and urinary tract infections as well as muscular pain. It's an excellent expectorant as well as a powerful pulmonary antiseptic. For an individual with a cold, sinusitis, coughs, bronchitis or sore throat, this oil is useful when used in a steam inhalation, several times daily. When dealing with these types of infections, pine blends well with eucalyptus (*radiata*), or tea tree. It is a refreshing, stimulating, clean smelling oil that is helpful when dealing with nervous exhaustion or mental fatigue. It is also excellent for cleaning.

Specific Cautions

Can be a skin irritant. Should be avoided in those with allergies. Avoid during pregnancy.

References

Information about this essential oil came from the following sources:

1. Worwood, Valerie Ann. *The Fragrant Pharmacy*. (Toronto: Bantam Books, 1990)
2. Davis, Patricia. *Aromatherapy: An A-Z*. (United Kingdom: Saffron Walden, 1988)
3. Tisserand, Robert and Tony Balacs. *Essential Oil Safety*. Edinburgh: Churchill Livingstone, 1995)

Note and Disclaimer

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