Conifer Oils & Hydrosols

Abies balsamea Balsam Fir
Pinaceae (Pine Family)

The balsam fir is one of the more important conifers of the Boreal Forest. It may also be referred to as balsam, Canadian balsam, eastern fir, and bracted balsam fir.

Description

Habitat
Common throughout Northwestern Ontario, balsam fir grows on a wide range of inorganic and organic soils originating from glaciation and generally falling within the acid soil orders. Frequently found in mixed stands with other species. Common shrubs associated with balsam fir include beaked hazel, mountain maple, Labrador-tea, American yew and red raspberry.

Notes
Balsam fir is used primarily for pulp and light frame construction. Balsam oil and turpentine are by-products of its resin. It is one of the most popular Christmas trees, and wildlife relies extensively on this tree for food and shelter.

Fragrance and Aromatherapy Use

Abies grandis, Grand Fir
Pinaceae (Pine Family)

Current Uses: Grand Fir has that delicious holiday Christmas tree odor. It is green and vegetative in its back note, citrus in its subsidiary note and coniferous in the top note. The smell is rich, sweet, and joyous. Grand fir is used at the holiday season to scent the air and keep it fresh and airy or to aerate the sickroom. Use a mixture of 10% Grand fir to 90% water or a conifer hydrosol to spray the room and scent the air.

Perfumery and Cosmetics: Grand fir can be added as a fresh note to many different types of perfume blends. When one is traveling and comes across those nasty smelling amenities that smell of Bitter Almonds it is only Grand Fir essential oil that can be added to the shampoo or hand lotion samples that will negate the bitter almond smell and add its own delicious sweet conifer note. Grand Fir essential oil mixed with other essential oils can act either as scent or as therapy to all kinds of custom skin care products. Grand Fir can also be used as an inhalant with other conifers for all types of respiratory problems and conditions.

Tsuga canadensis
Canada Hemlock (leaf), Eastern Hemlock
Pinaceae (Pine Family)

Tsuga is a Japanese word meaning a Larch tree and *canadensis* means “from Canada”.

Native to the Northern America. The wood was once used for making skis. The bark tea is taken for diarrhea, cystitis, colitis or uterine prolapse. Bark extract is used in tanning. The SD essential oil of needles and twigs is antiseptic, astringent, diuretic, and nervine.

Essential oil is used externally for muscular aches, rheumatism; inhaled for colds, flu, anxiety, stress, meditation, asthma, bronchitis, and coughs; and taken internally for internal change and as a tonic (1 drop/day). EO blends well with Pine, Oakmoss, Cedar, Benzoin, Lavender and Rosemary when making perfumes or fragrant blends.

Pseudotsuga menziesii
Douglas Fir
Pinaceae (Pine Family)

Alberta has a small population of this compared to neighboring province of British Columbia. The part used are branches and needles (salvaged from logging). The qualities of the oil are skin friendly,
countering pain and inflammation, strong respiratory assistance, and deodorizing.

The hydrosol tastes like a Christmas tree smells but with a slightly musty and dry overtone. It is better in warm beverages than in cold ones. It is useful in topical applications, compress for aching sore joints, baths. It is helpful in all respiratory, renal and reproductive systems. The scent is uplifting and calming and works well to use as a room mister and for SAD (seasonal affective disorder).

**Picea mariana** Black Spruce  
**Picea glauca** White Spruce  
Pinaceae (Pine Family)

These native species, which are very plentiful in the northern half of the province, are one of our shining successes. The GC we received back on these oils, in both years of testing, shows higher than average levels of bornyl acetate and a very good blend of other chemistry desirable in this oil. The volumes of oil produced per batch are among our highest yields. This is a salvageable, environmentally friendly target plant in that the waste branches and needles were commonly burned. After the introduction of our mobile distiller, we were able to assist cleanup by distilling the branches. The four forest companies in the area of my hometown of Edson have all written letters of support in regards to this type of salvaging.

For those not familiar with the properties of *Picea mariana* oil it is used as a stimulant, also in stimulating natural cortisone production, and the immune system. Like a number of the other evergreen trees, it is also helpful to the respiratory system, and is an anti-inflammatory.

The hydrosol of Black Spruce has a unique lemony mint flavor – an acquired taste. It is a good choice for immune stimulation, adrenal and thymus gland support. It also seems to be a useful coffee replacement because it 'picks you up'. It is a useful hydrosol for topical application for reducing inflammation and associated soreness (tendonitis, sprains, whiplash).

**Pinus contorta** Lodge pole Pine  
Pinaceae (Pine Family)

This material is widely available for salvage from logging operations and branches and needles are distilled. Qualities of this oil are anti-inflammatory, lymphatic stimulant, anti-bacterial, and anti-fungal. A caution for this oil is that it is a skin irritant.

The hydrosol has numerous applications, ranging from the treatment of respiratory infections to rheumatoid or circulatory inflammations. It assists the adrenal glands and is useful with Black Spruce in this regard for depleted adrenal glands. It supports the urinary system, can be used as pest control in greenhouses or on pets. The fragrance is pleasant and of the forest.

**Sequoiadendron giganteum**  
Giant Redwood (needles)  
Taxodiaceae (Redwood family)

This genus was named after a Native American Indian leader called Sequoia and the species name means a tree that is giant in size.

The scent of the living needle is very much like Galbanum. In Europe, the tree is grown and the essential oil is steam distilled from the leaves that are, strongly scented and are very much like Galbanum. The smell is green, the scent of spring. This oil is non-toxic and non-irritating. It is used externally for acne, boils; inhaled as a respiratory tonic and to soothe the nerves.

Galbanum is used for aging skin, or wound healing to promote a healthy scar with the addition of hydrosol Helichrysum. Galbanum is an ancient herb/oil while the Giant Redwood is an ancient, living thing that lives well into 3000 years.

**Thuja occidentalis**  
Northern White-Cedar (leaf)  
Cupressaceae (Cypress family)

This is a handsome resinous, fragrant tree. The name *Thuja* was named by Theophrastus and *occidentalis* means from the Occident or West. It is a Juniper type tree from the West (Occident), native to northeast North America and cultivated in France. It is also called Canadian Cedar or Arbor vitae.

The oil produced from twigs with needles and the bark is colorless to pale yellow-green. It has a fresh, sharp camphoraceous odor, containing 60% thujone (not as toxic as thujaplicin), fenchone, camphor, sabinene and Pinene.

This oil is considered an oral toxin or poison due to the thujone, although there are reports of Europeans taking 1 drop of the oil per day for heart conditions. This oil can be safely used in blends at
10% of the blend when mixed with essential oils that contain alcohols (Ex: Lavender 90%). It can be used externally for arthritis and related joint conditions. The tea of the needles can be drunk and with a drop of essential oil can be used externally for parasites, in ointment for rheumatism. It is also used in pharmaceutical products such as disinfectants or in ointments with grease for gout, warts, and psoriasis.

Conifer Essential Oil & Hydrosols
Conifers began with simpler plants, even trees that were deciduous. The conifers will give you a transformational experience. Using the conifers has a specific action on the inner self. For instance, for personal transformation take 1 drop Tsuga essential oil + 1 tsp. honey internally, one time a day. This will work for most persons, but for some this may be too strong, and a hydrosol in homeopathic solution may work better. You have to be aware of each individual body type or personality type to treat effectively.

CANADA ESSENTIAL OIL DISTILLERS
I have purchased essential oils from each of these persons. They have all produced and distilled wonderful essential oils and hydrosols. The only problem I have experienced is communication. They rarely send complete invoices with their vital information enclosed. It always seems to be somewhat difficult to order, get, receive and pay. They will only answer to a specific question with each e-mail. So, ask everything. And — be ready to purchase the most spectacular oils that you will ever see. Thus, when you write to each of these Canadian dealers, be specific but ask everything. Expect delays!

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[Among many, this company also carries White Pine, Eastern Hemlock and Balsam Fir]

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[Carries many of the conifers including the oil and hydrosol of the Giant Redwood (rare), Grand Fir and Canada Cedar, etc.]

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