

# Idaho Blue Spruce

Product Size: 5 ml

Item No 33296

Stand out in the crowd with this timeless and refreshing scent. Grown, harvested, and distilled on Young Living's farm in northern Idaho, blue spruce (*Picea pungens*) contains high percentages of the plant constituents alpha-pinene and limonene. Simply dab onto your neckline for a smoky and woody scent that is both comforting and rich, add a few drops into a hot bath at the end of a long day for a decadent and luxurious treat, or gently inhale this fresh scent to help relax the body and mind.



## Benefits and Features

- Has a refreshing, woody aroma.
- Includes the naturally occurring constituents alpha-pinene and limonene.
- Promotes feelings of calm, relaxation, and tranquility.

## Cautions

Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication or have a medical condition, consult a health care professional prior to use.

## Suggested Use

- Gently breathe in this timeless aroma to promote feelings of relaxation.
- Add 1-2 drops onto your neckline for a comforting and richly grounding scent.
- Press pause by running a warm bath, adding 6-8 drops.
- Dilute a few drops into 10 ml of Young Living V-6®, massaging into tired areas.

## Ingredients

*Picea pungens*\* (Idaho Blue Spruce) branch/leaf/wood oil.

May contain: Citronellol\*\*, Limonene\*\*.

\*100% pure essential oil.

\*\*Natural constituents of essential oils.

## Directions

Apply to desired area. In case of sensitivity, dilute 5 drops in 10 ml of Young Living V-6®.