

Product Summary

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. Applied topically, blue spruce has been known to relieve tense and stressed muscles, while the woody aroma of this oil invigorates the senses, brings peace to the mind, and relaxes the body. Its aromatic influences also help open and release emotional blocks, bringing a feeling of balance and peaceful security.

The refreshing, invigorating, and strengthening properties of blue spruce also have a long history of use in the sauna, steam bath, and as an additive to baths or massage oils.

Primary Benefits

- May help relieve muscle tension
- Relaxes, soothes, and calms body and mind

Who should use Idaho Blue Spruce Essential Oil?

- Those seeking a break from hectic daily activities
- Those needing to enhance their inner strength
- Those looking to calm the mind and body

Suggested use

- Topical: Apply 2–4 drops topically to skin. Dilution is not required, except for the most sensitive skin
- Aromatic: Diffuse up to 1 hour 3 times daily



Cautions

- Possible skin sensitivity
- Keep out of reach of children
- If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use

Complementary Products

- Myrrh Essential Oil
- Thyme Essential Oil
- PanAway Essential Oil Blend
- Aroma Siez Essential Oil Blend

Did You Know?

- The blue spruce tree is primarily native to the central and southern Rocky Mountains. Blue spruce is also called Colorado blue spruce, silver spruce, and pino real.
- Blue spruce shoot tips can be used to make a wonderful herbal tea.