

# IDAHO GRAND FIR

Item No. 331402

Idaho Grand Fir essential oil offers a woody, refreshing aroma reminiscent of a freshly cut Christmas tree. These beautiful fir trees are commonly used in the United States as Christmas trees and are native to the Pacific Northwest.

Young Living's Idaho Grand Fir comes from the Young Living Highland Flats Tree Farm and Distillery in Naples, Idaho. Every year Young Living members participate in the annual Winter Harvest, allowing them to experience our Seed to Seal® quality commitment firsthand and be a part of distilling this oil directly from nature.

## KEY INGREDIENTS

- 100 percent pure, Seed to Seal-certified Grand Fir essential oil from Idaho, USA



## BENEFITS AND FEATURES

- Offers a refreshing experience when combined with R.C™ and applied to the chest and neck
- Soothes tired, fatigued muscles when combined with V-6™ Vegetable Oil Complex or Ortho Ease® and used during massage
- Soothes the skin and smooths the appearance imperfections when combined with Lavender essential oil and applied topically
- Increases spirituality when used during meditation
- Offers an aroma that creates a relaxing and stress-free environment
- Contains the constituents beta-pinene alpha-pinene, camphene and beta-phellandrene

## DIRECTIONS

Topical: Apply 2-4 drops directly to the desired area.

Dilution not required, except for the most sensitive skin. Use as needed.

Aromatic: Diffuse up to 1 hour 3 times daily.

## 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. Flammable: Do not use near fire, flame, heat or sparks. Do not store above room temperature.

## PRODUCT BACKGROUND

Idaho Grand Fir essential oil is produced from the steam-distilled needles and branches of the grand fir trees grown at Young Living's Highland Flats Tree Farm and Distillery in Naples, Idaho. These trees are popularly used in the U.S. as Christmas trees and are one of the tallest fir species in the world.

\*These statements have not been evaluated by the Therapeutic Goods Administration. Young Living products are not intended to diagnose, treat, cure or prevent any disease

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## INGREDIENTS

Abies grandis<sup>†</sup> (Grand fir) oil  
†100% pure, therapeutic-grade essential oil

## SUGGESTED USE

- Combine with Cool Azul<sup>®</sup> Sports Gel to soothe tired, fatigued muscles
- Diffuse to enjoy a cleansing aroma
- Diffuse for a grounding, relaxing and calming atmosphere
- Diffuse outdoors for an annoyance-free atmosphere
- Pair with Copaiba, Frankincense and PanAway<sup>®</sup>
- Apply or diffuse during yoga or meditation

## ALSO AVAILABLE IN

Idaho Grand Fir is an important ingredient in Believe<sup>™</sup>, Deep Relief<sup>™</sup> Roll-On, En-R-Gee<sup>™</sup>, Gratitude<sup>™</sup>, Sacred Mountain<sup>™</sup> and other Young Living products.

## FREQUENTLY ASKED QUESTIONS

### Q. Can Idaho Grand Fir be ingested?

A. Idaho Grand Fir is labeled for topical and aromatic use only and is not intended for internal consumption. Always follow individual label instructions for Young Living products.

### Q. What are the top constituents of Idaho Grand Fir?

A. The top constituents of Idaho Grand Fir are betapinene, alpha-pinene, camphene and beta-phellandrene.

### Q. Does Idaho Grand Fir need to be diluted for topical application?

A. No, dilution is not required, except for the most sensitive skin. Use as directed on the label.

## COMPLEMENTARY PRODUCTS



Deep Relief<sup>™</sup> Roll-On  
Item No. 3534525



R.C.<sup>™</sup> essential oil blend  
Item No. 340902



V-6<sup>™</sup> Vegetable Oil Complex  
Item No. 303102



Copaiba essential oil  
Item No. 354602

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