

Product Summary

Northern Lights Black Spruce essential oil comes from Young Living's Northern Lights Farm in British Columbia, Canada. *Picea mariana* grows throughout Canada, including all three arctic territories. The whole tree is steam distilled to produce this essential oil.

Diffuse this rich, woody, and invigorating scent during meditation to create a fresh aromatic atmosphere. Black spruce is also a great addition to skin care products which can be applied topically to help improve the appearance of dry skin or to help maintain the appearance of healthy-looking skin.

Northern Lights Black Spruce can be applied anywhere, including to the bottoms of feet, along the spine, back of neck, or used for massage. This oil includes the naturally occurring constituents alpha-pinene, camphene, and beta-pinene and is an important ingredient in many products, including Valor II®, Shutran™, Peace & Calming II™ and Light The Fire™ essential oil blends.

Primary Benefits

- Helps to maintain the appearance of healthy looking skin.
- Apply to bottoms of feet, along the spine, back of neck or wherever desired.
- Diffuse during meditation.

Suggested Use

- Apply to desired area. In case of sensitivity, dilute 5 drops in 10ml of V-6.
- Aromatic: Diffuse up to 30 minutes 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 professional prior to use.

Ingredients

Picea mariana Oil

Complementary Products

- Sacred Mountain Essential Oil Blend
- Cypress Essential Oil
- Frankincense Essential Oil
- Idaho Balsam Fir Essential Oil
- Palo Santo Essential Oil



Did You Know?

- Northern Lights Black Spruce was the first oil distilled at Young Living's Northern Lights farm in British Columbia, Canada.
- Black Spruce (*Picea mariana*) and Blue Spruce (*Picea pungens*) are different species of spruce and are harvested from different places. Chemically they have many similarities and can be used interchangeably.
- Young Living's Northern Lights Black Spruce is distilled from the entire tree, not just the branches and needles.
- Some top constituents of Northern Lights Black Spruce are alpha-pinene, camphene, and beta-pinene.