

# IDAHO BLUE SPRUCE



## 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 may 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 and calms body and mind
- Useful to help cleanse cuts and bruises.

## Who Should Take 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

## Ingredients

Idaho Blue Spruce (*Picea Pungens*) oil.

## Suggested Use

- **Topical:** Apply to desired area. In case of sensitivity dilute 10 drops in 10ml of V-6 Enhanced Vegetable Oil Complex.
- **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.

## 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.

## Complementary Products

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

## Key Scientific Studies

- Him A, et al. Antinociceptive activity of alpha-pinene and fenchone. 2008. *Pharmacologyonline* 3:363–369.
- Erichsen-Brown C. Medicinal and Other Uses of North American Plants: A Historical Survey with Special Reference to the Eastern Indian Tribes. *Dover Publications*, Mineola, NY, March 1, 1989.