

# IDAHO BLUE SPRUCE

Product Size: 5ml

Item No. 309338



## PRODUCT BACKGROUND

Idaho Blue Spruce is steam distilled from the wood, bark, and needles of the *Picea pungens* tree, an evergreen species native to the central Rocky Mountains. Considered a sacred tree by Native American tribes in the Northwest, Idaho Blue Spruce essential oil has a grounding, evergreen aroma that can be used to enhance thoughtful introspection and inspire spiritual connection. Applied topically, it can also be enjoyed as a woody personal fragrance or used in massage.

## BENEFITS AND FEATURES

- Has a grounding, evergreen aroma
- Can be used to enhance yoga, spiritual practices, or meditation.
- Makes a great addition to lotions, oils, and DIY body care products.

## SUGGESTED USES

- Diffuse or inhale Idaho Blue Spruce to fill your space with its tranquil, woody aroma.
- Apply it to your wrists, neck, or ear lobes during yoga, meditation, or prayer.
- Combine it with Geranium and Grapefruit in a roller bottle and dilute with V6™ Vegetable Oil Complex to create a fresh, floral perfume.

- Add a few drops to a lightweight carrier oil, such as jojoba or grapeseed, to create a natural beard oil.

## 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.

## KEY INGREDIENTS

Caprylic/capric triglyceride, Coriandrum sativum† (Coriander) seed oil, Cananga Idaho blue spruce (*Picea pungens*)† branch/leaf/wood oil

†Premium essential oil

## DIY: IDAHO BEARD OIL

### Ingredients

- 50 ml Argan Oil
- 6 Drops Cypress Essential Oil
- 6 Drops Idaho Blue Spruce Essential Oil
- 6 Drops Peppermint Essential Oil
- 1 Serum Bottle (50ml)

### Instructions

1. Add the oils into the serum bottle.
2. Store in a cool, dry place.
3. Apply as needed.