



Fir (balsam)

Latin names : *Abies balsamea* (L.) Miller

French names: Sapin baumier, Baume du Canada

Extracted from: needles (Canada)



Need some comfort for your heart? This fir paints your ventricles and auricles with love when you rub your chest with its essential oil.

It's Christmas year round! Can't you feel it? Just carry one of Mother Nature's numerous gifts in your pocket, smell it regularly and you will remember!

A good breath of fresh alpine air in the middle of the city! Puff, quick, one shot of fir oil!

The plant, its legends and its botany

What a beautiful tree!

Firs are beautiful, but among them, Balsam Fir is splendid!

It is, by far, not the highest one, but what a balance, what a crown, how graceful!

Twenty feet tall and a two-foot large trunk. This pyramidal abietacea can easily reach the age of 150 and has become the emblem of New Brunswick in Canada.

Its leaves are soft and tender. They don't prick. There are double white lines on the back side, which they use to breathe. They are called stomatal bands. And they have the singularity of an impressive organisation.

* On the sunny side of the tree, they begin to brush around the twig. That is to say that they grow nearly all around it (except underneath).

* From the shady side of the tree, they grow flat. They fit around anyway, but they are twisted so as to draw a "middle line" like a haircut from the 40s.

It likes it when the soil is always wet and very cold climates, rising high to the north. Among Firs, Balsam fir is the one that grows nearest the pole. It stands as a windbreak to allow the useful wildlife in some countries, where it would be impossible for it to develop if there weren't trees.

From time to time, in addition to reproducing by seeds, it layers naturally. That is to say that its lower branches, hanging down, tend to make roots and ... rebuild a new tree!

It produces the sap (oleoresin) called Canada balsam which, once it has evaporated essential oils, provides a transparent resin whose refractive index is very close to that of glass and is therefore very useful to repair chips in windshields or bond optical lenses.

It is also used for paper, Christmas trees and other varieties for nurserymen.

Energetic properties

Recentres the heart and promotes love.

Puts oxygen into the lungs and boosts life during depression.

Confers verticality, momentum.

Helps you to surpass yourself.

Stimulates acceptance of other people for simpler relationships.

Helps to go straight to the point.

Chakras

4th chakra

7th chakra

Doshas

Ennobles and enlightens Vata by giving it more simplicity.

Diminishes Pitta, especially its potential aggressivity.

Recentres Kapha beautifully.

Elements

Air

Standard chemotype

Monoterpenes (20-45% b-pinene, d-3-carene 7-35%, 5-15% a-pinene, b-phellandrene 2-6%)

Monoterpene esters (bornyl acetate 5-25%)

Monoterpene ketones (piperitone)

Batch chromatography

Batch SAPB847N12 (PDF, 353 Ko, French)

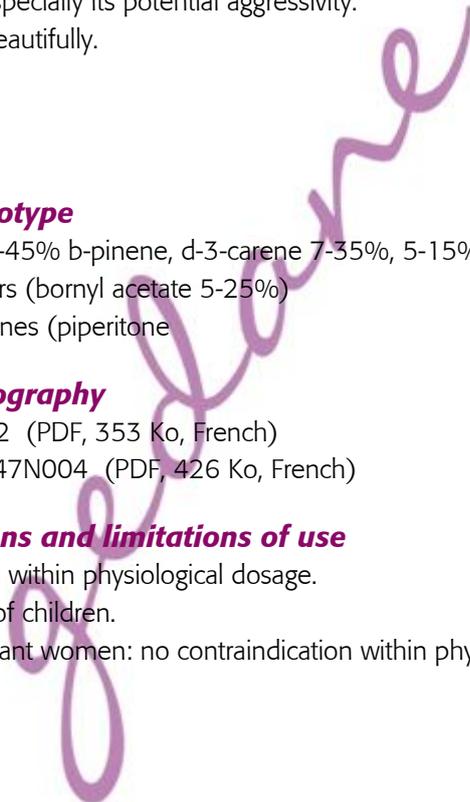
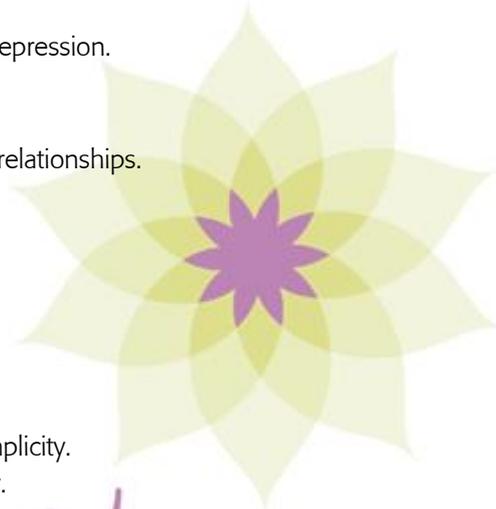
Batch SAPB847N004 (PDF, 426 Ko, French)

Contraindications and limitations of use

No contraindication within physiological dosage.

Keep out of reach of children.

Children and pregnant women: no contraindication within physiological dosage



The information on these page is only intended to provide trained professionals with suggestions on how to use our products. They are solely responsible for any advice they may give. It rests with them to consolidate their skills and to keep up to date with the latest advances in aromatherapy. Also, trained professionals must know their patients' state of health well enough to propose an appropriate treatment accordingly. The total responsibility for interpretation and use of Gedane products lies with users and does not involve Gedane in any way. Texts: external consultant Marc Ivo Böhning and Geraldine Viatte