



Black spruce

Latin names: *Picea mariana* Miller, *Picea nigra*

French names: Epinette noire, Epicéa noir

Extracted from: needles (Canada)

If you smell fresh air in the forest, you progressively regenerate. Yes, we tend to forget that the air in the cities, because it lacks trees, becomes stale. When you feel down, rub a few drops on your chest and hop! Your heart beats again! If you feel depression coming, massage yourself with Black Spruce as much as you want and let life get fine again. No matter if you diffuse it or massage yourself with it, the air goes from stale to fresh and pure.

When diffused, it lifts moods.

When used during massage, it straightens painful back.

And if the flu comes knocking at the door, it is also very efficient.

The plant, its legends and its botany

What a boost there is in these trees with their breath-taking verticality! They rise, rise and ascend to heaven. As if they hoped that winter were less harsh there. Indeed, they grow in extreme conditions.

Different species of spruce are used for their resin, rich in essential oil, in most people, traditions and medicines in the world. Already just for small cuts that can happen during walking. If one does not have a bottle of essential oil to deal with the unexpected (this is a mistake to mistake), one can take a little pitch and put it on the wound. It disinfects a little bit, stimulates immunity, aids healing and reduces bleeding.

In Europe, Spruce is used to make the best violins (Stradivarius among others). Besides, it's nice to tell someone you're walking with, what species the trunk without leaves, branches, bark or cones belongs to, as it lies naked and without apparent indications on the roadside. If it resonates when knocked, then it is a spruce. If it sounds dull when knocked, then it is a fir tree. Amazing, no?

Spruces are distinguishable via several attributes. First (and visible from some distance): their cones hang. Their branches are also hanging from the branches. And their leaves are prickly: diamond-shaped (so rigid), they are pointed at the tip. Then branches are rough when the leaves have fallen, leaving one particular aspect which is a signature of the species. That way, you know the kind of "Xmas-tree" you walk past in the woods!

But let's stop our description here, go diffuse the essential oil, let it smell of forest at home and let your mood get to the best!



Energetic properties

Centres on the heart.
Helps to refuel energy.
Beneficial when you feel down (do not hesitate to increase the dose).
Allows you to be yourself.
Encourages action in order to take care of self.
Gives a vertical boost.

Chakras

4th chakra

Doshas

Recentres Vata in that it breathes quality air
Calms Pitta's anger and irritations
Recentres and ennobles Kapha's tenderness

Elements

Air

Standard chemotype

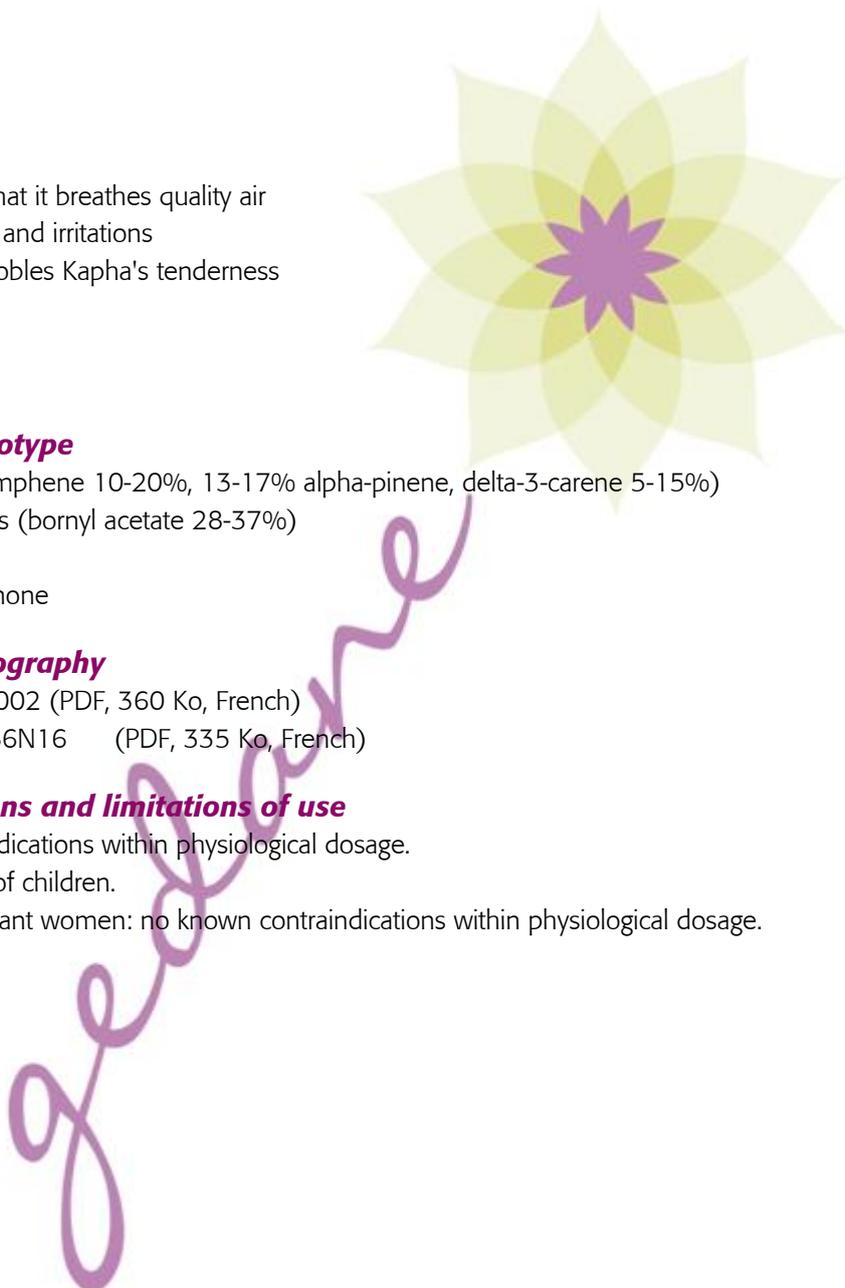
Monoterpenes (camphene 10-20%, 13-17% alpha-pinene, delta-3-carene 5-15%)
Monoterpene esters (bornyl acetate 28-37%)
Ketone: none
Furanocoumarins: none

Batch chromatography

Batch, EPINB366N002 (PDF, 360 Ko, French)
Batch, ENB366N16 (PDF, 335 Ko, French)

Contraindications and limitations of use

No known contraindications within physiological dosage.
Keep out of reach of children.
Children and pregnant women: no known contraindications 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 ut 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