

## Pine, Wild: Hungary (*Pinus sylvestris*)

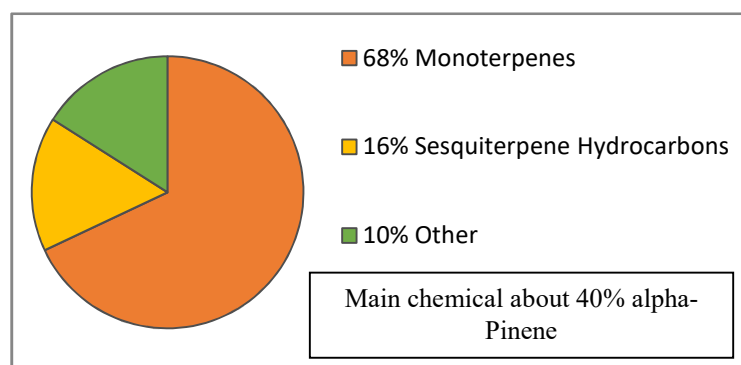
Pine tree is a large, fast growing evergreen used for ornamental parks due to the tree's resistant to extreme snowy and icy conditions and having a life expectancy of up to 500 years. Over the ages the trees were relied upon for building materials and the needles were used historically for respiratory issues, prevent scurvy, pain, and to repel insects.

The essential oil is low cost due to wild material being readily available for distillation throughout the world. (If you diffuse this oil in great abundance, this oil can be mildly irritating to the respiratory system. Also extreme internal use can be harmful to the kidneys.)

**Primary Usages:** Assists with respiratory complaints (phlegm, chest and sinus infections, colds, coughs, flu, sinuses, bronchitis, asthma, sore throats, expectorant), helpful with the urinary tract (bladder and kidney infections, diuretic, cystitis), and aids with pain relief (muscle and joint pains, rheumatism, arthritis, inflammation).

**Secondary Usages:** Aids the glandular system, stimulates the adrenals, circulatory system, nervous system, antiseptic for wounds, and used to repel and kill insects (add to shampoo to kill lice). Increases metabolism and is beneficial for skin conditions (eczema, psoriasis, ring worm, athlete's foot, acne, scabies, wounds).

**Has Been Reported:** Beneficial for emotional issues (anxiety, negative thoughts, procrastination, lack of self-confidence) and assists in awakening the mind (memory retention, concentration). Use to promote eye health and improved eyesight.



**Descriptor:** Decongestant, Digestive Aid, Antiseptic, Anti-Inflammatory, Analgesic, Antispasmodic, Diuretic

**Application:** Natural disinfectant to add to cleaning products, diffuse to deodorize, on location.

**Caution:** Skin irritant when oxidized.

**Found In:** Meditate

**Influences:** Intense pine scent that is uplifting and refreshing. Awakens spiritual awareness and assists the mind, body, spirit connection. Assists to regulate and balance the flow of energy through the meridians.

**Medicine Wheel:** A Primary North and Secondary West. Balances the Qi.

**Blends Well With:** Bergamot, Birch, Cedarwood, Clary Sage, Eucalyptus, Frankincense, Grapefruit, Juniper Berry, Lavender, Lemon, Lemongrass, Melaleuca, Melissa, Myrtle, Rosemary

**Recipes:** Diffuse during the winter holidays for an extra forest fresh scent. For a mind refreshing diffusing fragrance take seven drops of Black Pine, four drops of Orange, and two drops each of Peppermint, Frankincense, and Cinnamon Bark. Add to a diffuser.