

# SCOTS PINE

*Pinus sylvestris*

**Aromatic molecules** : pinenes, limonene,  $\delta$ -3 carene

**Distilled organ** : needle

The Scots pine provides an essential oil long familiar to our grandparents, who in earlier days already enjoyed its healing action on the bronchi through the inhalation of this essential oil in Nordic climates. It thrives in the mountains and sandy or gravelly soils. Scots pine has purplish-grey bark, acicular, robust leaves, yellow male and red female flowers, and a green ovoid cone that turns brown when mature.

## Traditionally known for its properties

average antibacterial • rubefacient, percutaneous analgesic • fungicide • lymphatic and ovarian decongestant • cortisone-mimetic and hormone-mimetic • respiratory antiseptic, expectorant, balsamic • hypertensive.

## Professional advice:

- external : - always dilute - 3 drops CTEO and 5 drops hazelnut oil, 3 times a day, on the body area depending on the target organ.
- on a daily basis : to facilitate breathing: put 3 drops of sylvester pine, 3 drops of ravintsara and 2 drops of peppermint in an inhalator and inhale in the old-fashioned way during 5 to 10 minutes. Protect the eyes well.

++++ Highly recommended - (!) Use with caution

Oral use	Use on skin	Air diffusion	Inhalation Aerosol
-	++++ (!)	++++	++++

## Useful information

external administration possible in dilution in a vegetable oil such as sesame, hazelnut etc, not recommended for children under 6 years old, do not use in the first 3 months of pregnancy, skin irritation (dermocaustic) possible if used pure.

## Traditional indications

- bronchitis, catarrh, sinusitis, cough, laryngitis+++
- sciatica, lumbago, arthritis, cramps, rheumatism+++
- hypotension+++
- severe fatigue, exhaustion +++++
- dull skin, psoriasis, eczema, excessive sweating ++
- congestion of the true pelvis, prostatic congestion +++
- nervous exhaustion, neurasthenia, depression +++

## Special precautions

- keep out of reach of young children
- does not replace a balanced diet and a healthy lifestyle
- do not exceed the recommended dose
- unless medical or pharmaceutical advice, not to use during the pregnancy and breast feeding and in the child of less than 3 years
- keep out of heat and light

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*Aromatherapy and information about it should never be used to replace a doctor's visit.*

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