

## SPRUCE - 15 ML



Spruce (*Picea mariana*) is softer and sweeter in aroma than other evergreen oils. It is refreshing, invigorating, and strengthening. It also has a long history of use in the sauna, steam bath, and as an additive to baths or massage oils. It is supportive of the respiratory and nervous systems.\* Its aromatic influences also help to open and release emotional blocks, bringing about a feeling of balance and peaceful security.

How to use: For dietary, aromatic, or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as goat's or rice milk.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Do not use near fire, flame, heat or spark. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.

Ingredients:

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.