

PINE



Plant/Part: Tree/Needles and Cones (Source: Northern Europe and Scandinavia)

Latin Name: Pinus sylvestris

Family: Pinaceae

Extraction: Distillation

AROMA: A fresh forest fragrance.

PROPERTIES: Stimulates, refreshes and cleanses. With a strong, fresh, resinous aroma it has a powerful antiseptic quality and is widely used. It has a deodorant affect and is often used in commercial preparations. A general kidney cleanser and known to be effective with cystitis, hepatitis and prostate problems. Reduces inflammation of the gall-bladder and puts a an on gall-stones. Said to stimulate the adrenal glands producing a revitalising effect on the body. Also stimulates the circulation and with its warming

properties may relieve rheumatism, goat, sciatica and arthritis - often used in compresses when these conditions are very painful. Could be beneficial for muscular pain and stiffness generally, Seems to give some relief to digestive problems particularly intestinal disturbances.

CHEMICAL CONSTITUENTS: Bornyl Acetate, Citral, Cadinene, Dipentene, Phellandrene, Pinene, Sylvertrene.

PRECAUTIONS: Dilute and use with care as Pine oil may otherwise cause skin irritation.

BLENDS: Cedarwood, Cinnamon, Clove, Cypress, Eucalyptus, Lavender, Myrtle, Niaouli, Rosemary, Thyme, Ti-Tree.

Digestive: stimulates the flow of bile (cholagogue), cleanses and tones the liver (hepatic).

Genito-urinary: stimulates the production of urine (diuretic), cleanses the kidneys, fights infection in the genito-urinary area.

Circulatory: stimulates circulation, raises blood pressure (used for hypotension).

Respiratory: fights infection, helps to expel mucus, clears the sinuses, used for asthma, bronchitis, catarh, coughs, laryngitis, sinusitis, sore throat.

Muscles/joints: relieves muscle aches and pains, combats stiffness in the joints, used for arthritis, gout, rheumatism, sciatica.

Skin/hair: stimulates circulation and encourages the elimination of toxins, which makes it useful in the treatment of acne and cellulite, as well as a general tonic



for dull skin. soothes itching and inflammation. used to treat eczema, psoriasis, cuts and sores.

Emotions/mind: refreshing, revitalizing, strengthening, used to combat fatigue and nervous exhaustion.

Other: relieves nerve pain, used for neuralgia. reduces excessive perspiration. revitalizing, useful in convalescence.

Essential oil of Pine is obtained from *Pinus sylvestris*, the Scotch or Norwegian Pine, and it is very important to know the source of the oil, with its botanical name, as there are many species and varieties of Pine with very different properties and uses, and at least one. Dwarf Pine (*Pinus pumilio*) is classed as one of the **HAZARDOUS OILS**. The best quality is that from trees grown as far north as possible. This is described as 'Siberian' though much of it comes from Finland. The oil is produced by dry distillation of the needles, young twigs and cones. An inferior oil can be made from the wood.

The essential oil is very pale yellow with a strong, fresh resinous aroma. Its main constituents include acetate of bornyl (up to 45%) cadinene, pinene, sylvestrene, dipentene and phellandrene.



The chief uses of Pine are in the treatment of chest infections. Avicenna regarded it as a specific for PNEUMONIA and other lung infections (though it must be stressed that pneumonia must always be treated by a doctor). It is an expectorant and a very powerful pulmonary antiseptic. Use it preferably in steam inhalations several times a day.

Inhalations of Pine are equally good for COLDS, CATARRH and sore throats and it can either be used alone, or mixed with **EUCALYPTUS** or **TEA TREE**. Many people find the smell of Pine preferable to some of the other oils, so it will be welcome as an alternative.

Pine has a stimulating effect on the circulation, and is sometimes used to relieve rheumatic pain. In the bath it must be used with care, as some skin irritation might be experienced if the neat oil is added to the water. Pine is, of course, an ingredient of countless commercial bath preparations, but remember that in these it is presented in some form of carrier. As almost everyone will be aware from these commercial uses, Pine is refreshing, deodorant, stimulating

and relieves muscular pain.

Pine is not very often used as a massage oil. If you should want to use it in this way, blend it and use small proportions and low dilutions only, as again it could cause some irritation to sensitive skins.