

Black Spruce

Picea mariana

Properties

Body

- Anti inflammatory+++
- Antitussive, decongestant of the respiratory tract++
- Expectorant+++
- Tonic+++

Mind

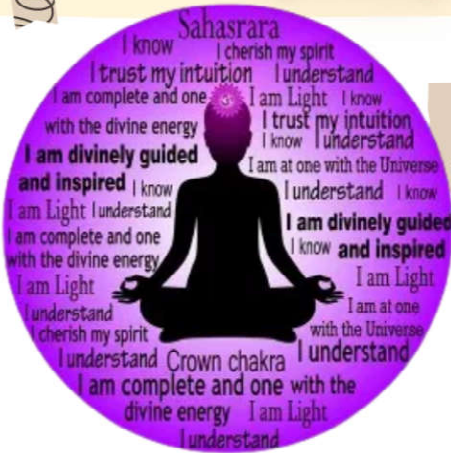
- Increase Energy



Chakra: Root /Crown

Odour:
Balsamic, fresh, resinous
(BASE NOTE)

Chemistry (main)
Monoterpenes 40-60%
Esters terpenic 30-35%



USAGE

Respiratory system: cold, sinusitis, wet cough, bronchitis



Immune system: persistent fatigue, Physical fatigue, asthenia, convalescence, immunosuppression



Nervous system: Mental fatigue, Nervous exhaustion - Demotivation - Lack of self-confidence - Lack of concentration



Skin system: skin parasitosis, acne, psoriasis, dry eczema



Muscular system: rheumatism, osteoarthritis, back pain nerve pain migraines and headaches



Urogenital system: urinary tract infection, gynecological mycoses



Routes

