

# TREAT YOURSELF WITH THE AROMA OF A FRESH FOREST



Aroma therapy

Liquid 10ml

## DESCRIPTION:

Essential oils have potential biological effects, i.e., antibiotic, anticarcinogenic, and sedative effects during stress.

Spruce essential oils with their special chemical composition are known for being refreshing, invigorating and cleansing.

## SUGGESTED USE:

Essential oils are mainly used in aromatherapy. The product can also be used for inhalations, especially during the cold season, for massage and sauna.

## LIST OF ACTIVE INGREDIENTS:

- 100% PURE SPRUCE *PICEA ABIES* ESSENTIAL OIL

Oils have traditionally and effectively been used to heal wounds, treat vascular diseases, gastric ulcers, bronchitis and common cold <sup>(1)</sup>.

Spruce essential oil and their active compounds have been scientifically studied and found to possess various bioactivities including antitumor, antiulcerogenic, anti-inflammatory, antihypertensive, antitussive, antimicrobial and central nervous system activities <sup>(2)</sup>.



### References:

1. Tumen et al., Journal of Ethnopharmacology (2011)
2. Yang et al., Tetrahedron Letters (2008)