



**Welcome to...**

**Penny Price Academy  
of Aromatherapy**

**Saturday Club**

**Autumnal Fir and Pine Oils**





Penny Price Academy

Saturday Club  
October 2023

# What are the main physical properties of the pine and fir oils?

- Respiratory
- Analgesic - particularly useful for muscular and joint aches and pains
- Cleansing
- Diuretic
- Astringent
- Antibacterial
- Helps with fatigue
- Boosts immunity





Penny Price Academy

Saturday Club  
October 2023

# What are the main psychological properties of the pine and fir oils?

- Calming
- Warming
- Strengthening
- Protective
- Good for nervous exhaustion and stress
- Oils such as pine, black spruce, juniperberry and silver fir are high in monoterpenes which can be balancing to a person with unstable emotional states and can help a person to move on from a difficult time. They are emotionally cleansing and purifying.





Penny Price Academy

Saturday Club  
October 2023

## So why are these oils appropriate for use in Autumn?

- For many people autumn represents change as we move from summer into winter.
- Viruses often return at this time of year especially for children returning to school.
- As the weather changes joints can become more painful.
- As the days get shorter many people suffer from SAD.
- The shorter days may leave us feeling more tired.







Penny Price Academy

Saturday Club  
October 2023



# Forest Air Bathing

Forest air bathing is a major form of relaxation in Japan believed to help with lowering stress levels and depression and even lowering blood sugar levels.

Studies have found that forest air contains plant substances (messenger chemicals or terpenes released by trees to defend themselves against vermin, fungi, and bacteria) which we absorb through our lungs and skin and that have a positive effect on the human body.

A study looking at the psychological benefits of forest air bathing involving 498 healthy volunteers concluded that 'forest environments are advantageous with respect to acute emotions, especially among those experiencing chronic stress.'





Penny Price Academy

Saturday Club  
October 2023

# Forest Air Bathing

Other studies have found that forest air bathing can:

- Boost the immune system
- Lower Blood pressure
- Increase energy
- Improve sleep

We can create our own forests at home by diffusing some of the oils that we will look at today and simply breathe them in.





Penny Price Academy

Saturday Club  
October 2023

# Black Spruce

## *Picea mariana*

Native to Canada and is used in traditional in native Indian medicine for infections.

Commonly used for respiratory infections, it is a restorative so is ideal for chronic bronchial conditions.

Research indicates that Black Spruce may stimulate thymus activity which is responsible for the development of white blood cells called T lymphocytes. These white blood cells are part of the immune system and fight infection.

Dr. Kurt Schnaubelt states that Black Spruce has a tonic effect on adrenal, thyroid and pituitary glands, thus encouraging hormonal equilibrium. 'The most notable are its effects on the adrenal glands, which makes it a wonderful oil to combat chronic lethargy, especially in winter months.' It is, therefore, excellent for chronic fatigue syndrome





Penny Price Academy

Saturday Club  
October 2023

# Black Spruce

## *Picea mariana*

Black spruce is a powerful anti-inflammatory oil so can be used for tired, achy muscles, stiff and painful joints, and osteoarthritis. It is also a rubefacient making it ideal when arthritis is aggravated by the cold as it will help stimulate the circulation.

In Japan a study found that when diabetic patients walked through the forest containing black spruce trees, their blood sugar dropped to healthier levels.

Black Spruce essential oil may be considered wherever there is poor self-confidence, low morale, melancholy and a negative outlook. It is also grounding and protective







Penny Price Academy

Saturday Club  
June 2022

# Silver Fir

## (*Abies alba*)

All of the fir oils encourage deep respiration to relieve the symptoms of colds, bronchitis, and sinusitis.

The firs possess calming components on a par with lavender together with antiseptic properties which encourage deep breathing and clear respiration.

Silver fir oil is good for decongesting the upper and lower respiratory tract. It has powerful antiseptic properties that can help fight cold and flu viruses.

This oil has rubefacient and diuretic properties which are ideal for muscular aches and pains, arthritis, rheumatism, fluid retention and cellulite. It also has a mild analgesic action that helps ease stiff joints and muscles.





Penny Price Academy

Saturday Club  
June 2022

# Silver Fir

(*Abies alba*)

Silver Fir is said to gently stimulate the mind encouraging motivation and self-confidence.

Like Frankincense it helps us let go of the past and gives the strength and support to move on in a positive way.

Felicity Warner suggests that Silver Fir can give us the 'intuition to find a new direction in life' and 'provides release from outworn patterns'.

A blend of silver fir and neroli will support the move from darker times into something lighter and more optimistic.





Penny Price Academy

Saturday Club  
October 20231

# Pine

## *Pinus sylvestris*

Pine is a powerful pulmonary antiseptic and a good expectorant, so use it in steam inhalations for colds and flu and the coughs associated with them, as well as for bronchitis.

A study done by the Bone Biology Group, Dept. Research at the University of Bern found that Pine oil inhibited bone reabsorption when added to the food of rats. The concluded that pine protects an osteoporosis model (the aged rat) from bone loss.

Its action as an adrenal cortex stimulant enhances the general tonic effect on the body and it ranks alongside rosemary and thyme as one of the most effective oils for fatigue and nervous debility





Penny Price Academy

Saturday Club  
October 20231

# Pine

## *Pinus sylvestris*

Pine oil is cleansing and invigorating, promoting feelings of energy and wellbeing and this is true at a subtle level as well as the physical level.

**Mojay** suggests that this oil is psychologically fortifying. Pine “opens up the chest, instils positivity and helps restore self-confidence ...it disperses melancholy and counteracts pessimism, working to reawaken our instinctive connection to life”







Saturday Club  
October 2023

# A blend for respiratory issues

A chest rub is one of the most effective methods for helping with respiratory problems.

- Add a total of 3 drops of silver fir, pine and black spruce to 10 mls of either carrier oil or white lotion and rub into the chest
- For a spasmodic cough replace black spruce with cypress
- Cedarwood is another excellent oil for chesty coughs and bronchitis.
- Don't forget oils like Frankincense, Myrrh and Ginger





Penny Price Academy

Saturday Club  
October 20231

# Canadian Balsam

## *(Abies balsamea)*

The Canadian Balsam tree is native to Canada where is cut and sold for Christmas trees.

The main chemical constituents found in Balsam Fir are Beta-pinene and Alpha-pinene, which both contribute to its cleansing abilities

The essential oil is soothing for coughs, sore throats, colds, and flu, especially when there is congestion.

Canadian balsam is also an immunostimulant





Penny Price Academy

Saturday Club  
October 20231

# Canadian Balsam (*Abies balsamea*)

Canadian balsam warms and relieves sore, stiff muscles and joints.

It also has an uplifting quality which makes it useful for depression and stress

Fir essential oils have stimulating properties which will help with fatigue, nervous exhaustion or the daily stresses of life.





Penny Price Academy

Saturday Club  
October 2023

# A blend to help with fatigue

Try making up a shower gel, foam bath (4-7 drops of essential oil) or a simple massage blend with some of the following oils:

- Black spruce - a massage with this oil is suppose to have a similar effect to drinking several cups of coffee!
- Pine - an excellent tonic and great for fatigue
- Canadian Balsam - will help with nervous exhaustion
- Remember Rosemary and black pepper are also stimulants.
- If you need more sleep try adding lavender, mandarin or frankincense to the blend.







Penny Price Academy

Saturday Club  
October 2023

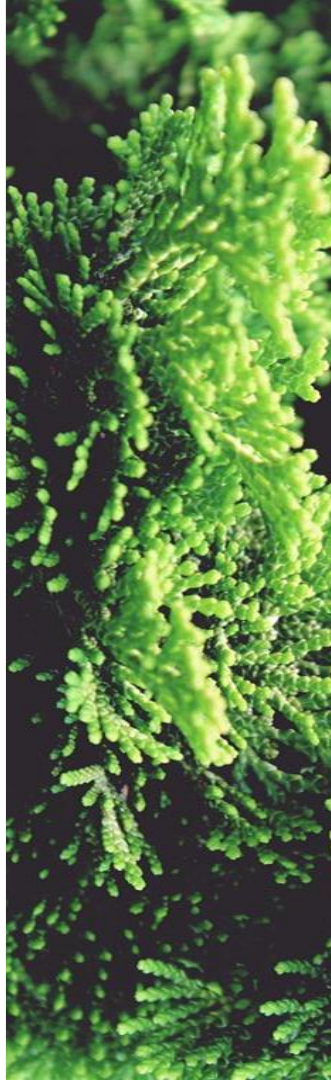
# Cypress

(*Cupressus sempervirens*)

Cypress is helpful for spasmodic coughs such as in whooping cough and some cases of asthma as it has an antispasmodic effect, especially on the bronchial passages. Put a few drops on a tissue and inhale as needed.

Cypress's antispasmodic properties also benefit such conditions as spasmodic colitis. Because of cypress oil's antispasmodic qualities, it inhibits problems associated with spasms, such as cramps and muscle pulls. Cypress oil is effective in relieving restless leg syndrome

It is an astringent and has a locally constricting action on varicose veins, and can be used for application to piles and veins in an ointment or in the bath.





Penny Price Academy

Saturday Club  
October 2023

# Cypress

(*Cupressus sempervirens*)

Price and Price suggest that cypress oil is a neurotonic for debility and therefore could be used when a client is post viral.

Cypress is a menstrual regulator making it useful for absence of periods (it is also recommended for painful periods), menopausal problems including hot flushes

Mojay states that cypress conveys a feeling of stability and cohesion. “Cypress oil’s basic subtle action is to help us cope with and accept even difficult change – of both an inner and outer nature.” He also states that it is very effective in times of bereavement.

‘Cypress will create a safe, intimate sanctuary that generally supports inner fortitude and stability’ (Holmes).





Penny Price Academy

Saturday Club  
October 2023

## Juniper Berry (*Juniperus communis*)

Juniper has a tonic effect on the digestive system, it is a stimulant, detoxicant and spasmolytic (relieves spasm of smooth muscle) and can be used to help colic, IBS and chronic gastroenteritis.

Juniper has a special affinity with the urinary tract, which makes it a very good oil for the treatment of cystitis and other urinary infections.

Juniper's cleansing properties will help with many skin conditions that are manifestations of an accumulation of toxins in the body – certain forms of eczema (especially weepy eczema), dermatitis and psoriasis. Regular baths are the best way to use it.





Penny Price Academy

Saturday Club  
October 2023

## Juniper Berry (*Juniperus communis*)

Because it helps the body to eliminate toxins, in particular, uric acid, juniper is a very important oil in treating arthritis, gout and rheumatism especially when the pain is of a cold, cramping nature. It is also a diuretic which helps detoxification.

This oil is a good domestic disinfectant during epidemics (use in a spray). It can also be used to freshen the air.

Juniper berry oil can help with cases of stress, anxiety and general burn-out. Its overall effect on the emotional system is one of strengthening and cleansing, helping to dispel negative emotions such as insecurity, loneliness, sadness and guilt.







Penny Price Academy

Saturday Club  
October 2023

## Juniper Needle (*Juniperus communis ram*)

Juniper needle essential oil has a clear fresh aroma which is reminiscent of woodland walks.

The therapeutic properties of Juniper needle essential oil are similar to oil of the berry, but not quite as extensive.

Like juniper berry it is cleansing and can help eliminate toxins in the body making it ideal for conditions such as arthritis and gout where there is a build up of uric acid.

It also helps control and balance sebum and is an antiseptic so good in skincare products

Juniper helps to dispel negative emotions such as insecurity, loneliness, sadness and guilt





Penny Price Academy

Saturday Club  
October 2023

# A blend for the immune system

Try making up a blend with carrier oil and rubbing into either the chest or back.

Add a total of 3 drops of juniper, canadian balsam and pine or black spruce to 10 mls of either carrier oil or white lotion and rub into the torso. These oils can also be added to an unperfumed foam bath.

Remember cypress is good if the client is post viral.

Don't forget oils like thyme ct linalool, tea tree, the eucalypts, vetiver and palmarosa)

Diffuse any of these oils (4-6 drops) into a room or make a room spray.





Penny Price Academy

Saturday Club  
October 2023

# Cedarwood

(*Cedrus atlantica*)

This is an excellent oil for treating catarrh and chronic bronchitis where it will kill bacteria and act as a decongestant.

Cedarwood is also useful in treating cystitis and all urinary tract infections especially when characterised by cramping pain.

A clinical study was conducted in which cedarwood essential oil was used in aromatherapy massage for the treatment of alopecia areata. Although the results were variable, the group using the massage blend containing cedarwood showed a significant improvement of 44%

Cedarwood can be used for general lethargy, nervous debility, and poor concentration





Penny Price Academy

Saturday Club  
October 2023

# Cedarwood

(*Cedrus atlantica*)

There has been some research whose results have suggested that the sesquiterpenes in cedarwood essential oil oxygenate the pineal gland which then releases melatonin. Melatonin triggers our circadian rhythm. Therefore it can help sleep and jetlag

Cedarwood is a very calming oil which can be used in meditation

Mojay suggests that cedarwood oil gives us the will to hold firm even against persistent external forces. "Cedarwood oil can therefore give us immovable strength in times of crisis...It can buck up the ego when we feel alienated or destabilised".







Penny Price Academy

Saturday Club  
October 2023

# Recipe for stress

Make up a nasal inhaler (6-10 total drops of essential oils) a roller ball ( 3-6 total drops of essential oils to 10 mls of carrier oil), Add the following oils:

- Juniper - to help cleanse negative emotions and uplift
- Cedarwood - for grounding and strength
- Cypress - to comfort and give strength
- You can combine these oils with a citrus oil to help uplift, Canadian balsam is also uplifting





Penny Price Academy

Saturday Club  
October 2023

# A blend for aches and pains

Make a blend using either a carrier oil or a white lotion. Remember carrier oils such as evening primrose and comfrey are anti-inflammatory and can help with muscular and joint pains.

To 10 mls of cream or carrier oil add a total of 3 drops of:

- Black spruce - a powerful anti-inflammatory
- Silver fir - rubefacient and diuretic properties and is also a mild analgesic action that helps ease stiff joints and muscles.
- Canadian balsam - a warming oil and an analgesic
- Other oils include ginger, plai, orange and German chamomile.





Penny Price Academy

Saturday Club  
October 2023

# A final recipe to recreate a walk in the forest

Add a total of approximately 6 drops of essential oil to an electric diffuser or a traditional burner.

- Silver fir to recreate the smell of a forest to help us move on into winter
- Pine - for its positivity and fresh aroma
- Cedarwood - for grounding and strength
- You can add a drop of sweet orange to warm and uplift the blend, petitgrain if you are feeling lonely or neroli for anxiety.

Breathe in and enjoy!





Penny Price Academy

Saturday Club  
September 2023

## EXCLUSIVE 10% OFF ALL PRODUCTS LISTED BELOW!

- Black Spruce
- Silver Fir
- Pine
- Canadian Balsam
- Cypress
- Juniper Berry/Needle
- Cedarwood

Use Code:

**sclub\_oct\_23**

until 31/10/23

**Thank you for your continued  
support of Saturday club...**







**Thank you...**

**Penny Price Academy  
of Aromatherapy**

**Saturday Club**

**XXXXXXXXXX**