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# TOP 10 USES FOR DOUGLAS FIR OIL

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- 1. Open Airways:** Mix 3:2:1 Douglas Fir, Eucalyptus, & Peppermint. Inhale directly or rub on chest, back, bottom of feet, and hands.
- 2. Immunity Booster:** Add Douglas Fir to any blend & massage onto body, especially the spine. The central nervous system helps deliver the wonderful properties of essential oils to different parts of the body.
- 3. Immunity for Animals:** Add Douglas Fir to shampoos for your pets. Apply on farmed animals to boost their digestive health.
- 4. Muscle & Joint Massage:** Mix with other tree oils such as Wintergreen, Cypress, and White Fir. Dilute with Fractionated Coconut Oil and massage on affected areas.
- 5. Cellulite Lotion:** Add Grapefruit and Douglas Fir to your lotions to keep skin clean. Douglas Fir not only provides protection from environmental threats but also helps reduce cellulite build up.
- 6. Daily Muscle Lotions:** Douglas Fir helps relax skin and muscles and reduces tension in the body. Rub on hands and feet.
- 7. Mental Fog:** 3:1 Douglas Fir & Peppermint. Put blend in a diffuser or dilute with Fractionated Coconut Oil and rub on temples and forehead.
- 8. Peace & Relaxation:** Mix with Wild Orange, Bergamot, & Lemon oil. Diffuse or rub on temples and back of neck to relax and feel grounded.  
Affirmation: "I have plenty of wisdom and help in my life."
- 9. Freeing Others:** Rub Douglas Fir & White Fir on the areas that may be tense or sore such as the shoulders and back.  
Affirmation: "I have wisdom to guide and let others discover their own power. I trust that they will learn from the past and move forward with confidence."
- 10. Releasing Generational Blocks:** Use this oil when you feel stuck and blocked. Continue smelling this oil until it loses its hold on you.

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

