

Pine Needle

Emotions	alertness
Uses	arthritis, arthritis-osteoarthritis, arthritis-rheumatoid, asthma, bronchitis, bronchitis-chronic , catarrh, cellulite, circulation problems-low , cold , colds-sneezing, cough, cough-smokers , cuts, cystitis, debility, deodorant , disinfectant , drowsiness, fainting , flu, gout/podagra , hangover, head lice, immune deficiency , infections, joints-painful , laryngitis, low blood pressure , mental exhaustion , muscle-ache , muscle-after workout sauna, muscle-fatigue , muscle-pain, nervous tension , respiratory problems , scabies , sinusitis , sinusitis-w/catarrh , sores, stress , sweating-excessive, throat-sore, tonic-adrenal cortex , tonic-bladder , tonic-kidney , urinary infection
Properties	antibacterial, antifungal, antiseptic, antispasmodic, antiviral, balsamic, carminative, depurative, diuretic, expectorant , pectoral, restorative, stimulant, tonic
Constituents	Monoterpene hydrocarbons, pinene, careen, myrcene, sabinene, limonene, terpinene, borneol acetate, cineol, citral, chamazulene
Scent/Note/Viscosity	strong, clean, crisp, fresh, resinous; middle note; clear to pale yellow; watery to medium viscosity and oily.
Best Mixed With	bergamot, black pepper, cedarwood, clary sage, cypress, eucalyptus, frankincense, grapefruit, juniper, lavender, lemon, peppermint, rosemary, sandalwood, tea tree, thyme, ylang ylang (allspice, marjoram, ravensara)
Warning:	May irritate sensitive skin, dilute well.

DISCLAIMER

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