

Pine, Scots

Pinus sylvestris - Pinaceae

A genus of 80 - 100 resinous evergreen trees of the northern temperate regions. The Scots - or Norway - pine is the most widespread variety as well as the safest for use in aromatherapy. All the pines yield a resin, which is used for oil of turpentine and is obtained by tapping the trees. For pine essential oil, the needles, young branches and cones can all be distilled, although oil from the needles only, is the best quality.

<u>Place of Origin</u> Finland, Norway, Central Europe	<u>Part of plant used</u> <u>Method of Extraction</u>	needles steam distillation
<u>Characteristics</u> Colour: Colourless - Pale yellow Perfume notes: Top Aroma	<u>Yield</u> <u>BF</u> <u>TR</u>	0.5-1% 2-5 D

Chemical Composition

Monoterpenes	limonene	%	2	Sesquiterpene	caryophyllene	%
	alpha-pinene		40			
	beta pinene		30-40			
	camphene		3-4	Monoterpenol	terpinen-4-ol	
	sabinene		3		borneol	
	myrcene		3			

Properties:

Analgesic, antimicrobial, antiviral, antirheumatic, decongestant, diuretic expectorant, pulmonary antiseptic, insecticidal, rubefacient, possible endocrine tonic

Precautions:

Non-toxic, non-sensitising

Monoterpene content - Can be irritant to skin and mucus membranes in high concentrations
Oxidises readily on exposure to air

Dwarf pine (*Pinus mugo*) is a powerful dermal irritant and sensitiser (use *Pinus sylvestris*)

***Pinus sylvestris* - Pinaceae**

Indications

Circulatory

Poor circulation, chilblains

Digestive

Genito-Urinary / Gynaecological

Immune System

Musculo-skeletal

Muscular stiffness, arthritis, rheumatism, cramps, post-sports treatment, sciatica, gout

Nervous

Nervous system exhaustion, stress, fatigue, neuralgia, debility

Respiratory

Asthma, excessive catarrh, sinusitis, chronic bronchitis, colds, flu, chest infections

Skin

Cellulite, oedema, acne, hair lice

Clinical Research

Proven active against Staph. Aureus

Mosquito repelling activity demonstrated which leads to the possibility of developing eco-friendly pesticides

Psychological uses

Pine is a bracing, strengthening oil, which stimulates the mind, invigorates the body. Its powerful action on the Respiratory System system "opens the chest" and deepens the breathing, providing a sense of stability and poise. It counteracts melancholy and pessimism, fortifying the mind to deal with past traumas and grief and move onwards to improved health and vitality.

Summary

Pulmonary antiseptic, invigorating, cleansing