

# BLACK SPRUCE

## PICEA MARIANA

Country of Origin: Canada

Steam Distilled from needles and twigs

Black Spruce (*Picea mariana*) is a steam-distilled conifer oil drawn from the needles and twigs of trees that thrive in cold, resilient northern climates. Its aroma is deep, crisp, and quietly invigorating - less sharp than pine, more grounded than fir - carrying a cool, forested clarity that feels both stabilizing and restoring. It brings a steadying presence that supports the body without heaviness and refreshes without overstimulation.

Traditionally used when the system feels depleted, overextended, or under sustained stress, Black Spruce works to rebuild a sense of internal strength and rhythm. It is often reached for in times of physical fatigue, nervous exhaustion, or when the body needs support returning to a more resilient baseline. Rather than pushing energy artificially, it helps restore capacity - supporting endurance, clarity, and a more grounded, balanced response to ongoing demands.

## FUNCTIONAL CONSTITUENTS

<b>Bornyl Acetate</b>	A key ester in Black Spruce, bornyl acetate contributes to its balancing and restorative effect on the nervous system. It helps ease tension, support adrenal resilience, and bring a steady, grounded quality to the oil - softening the sharper edges of stress without dulling awareness.
<b>Alpha-Pinene</b>	A dominant monoterpene that gives Black Spruce its crisp, forest-like character. Alpha-pinene supports respiratory function, promotes clear breathing, and contributes to mental alertness and focus, helping reduce feelings of fatigue or mental fog.
<b>Beta-Pinene</b>	Working alongside alpha-pinene, beta-pinene enhances the oil's fresh, invigorating profile while supporting overall respiratory comfort and circulation. It adds a subtle lift that helps the oil feel clarifying without becoming overly sharp or stimulating.
<b>Clinical Studies:</b>	<a href="https://pmc.ncbi.nlm.nih.gov/articles/PMC6149921/">https://pmc.ncbi.nlm.nih.gov/articles/PMC6149921/</a> <a href="https://pubmed.ncbi.nlm.nih.gov/22953840/">https://pubmed.ncbi.nlm.nih.gov/22953840/</a>



## HOW WE SOURCE

Black Spruce is harvested from northern forests where slow growth and harsh climates contribute to a more concentrated, well-balanced oil profile. We prioritize responsibly gathered needles and twigs collected at peak vitality, when the aromatic composition is fully developed without harshness.

Distillation is performed using low-pressure steam to preserve both the brighter monoterpenes and the softer ester components. Because conifer oils can easily lose their balance when overheated or mishandled, the oil is processed and stored under controlled conditions to maintain its crisp, clean, and structurally intact character.

## OUR BLACK SPRUCE IS:

- ✓ Steam distilled from fresh needles and twigs
- ✓ Wildcrafted or responsibly sourced
- ✓ Unrefined and not standardized
- ✓ Distilled in small batches for consistency
- ✓ Handled to preserve natural terpene balance

We look for oil that carries a clean, deep forest profile with a crisp, slightly resinous lift - an immediate sign of proper harvest timing and careful distillation. Harsh or flat oils are avoided.

## WHAT TO LOOK FOR VS. WHAT TO AVOID

### Look For:

- Steam distilled\*
- Clean, crisp forest aroma\*
- Cool, slightly resinous edge\*
- Smooth, balanced profile\*
- Stored in dark glass\*

### Avoid:

- Harsh or overly sharp scent\*
- Flat or dry aroma\*
- Dull or degraded oil\*
- Solvent-extracted material\*
- Clear or plastic packaging\*

## HOW TO USE BLACK SPRUCE

Black Spruce is commonly used when the goal is restoration, respiratory support, and steady energy. It integrates easily into daily routines through aromatic and topical use.

### Aromatic

Diffuse 5-10 drops to create a clear, grounded environment. Often used during periods of fatigue, stress, or mental overload.\*

### Topical

Dilute with a carrier oil and apply to the chest, upper back, or along the spine. Commonly used to support breathing, muscle recovery, and overall resilience.\*

### Bath

Add 5-8 drops to bath salts before dispersing in warm water. Often used to relax tired muscles and support recovery after physical strain.\*

## WHAT IT SUPPORTS

Black Spruce is traditionally used when the goal is restoration, respiratory ease, and nervous system support. It supports:

- Respiratory function and clear breathing\*
- Nervous system balance and stress response\*
- Physical stamina and recovery\*
- Muscle comfort and circulation\*
- Mental clarity and steady energy\*

Used consistently, it helps the body feel more supported, resilient, and steady - restoring capacity without overstimulation.

## CAUTIONS

- Safety Group 3: Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

## BLACK SPRUCE IN THE STILLROOM

Black Spruce has long been used in the stillroom as a restorative conifer - reached for when the system feels worn down, overextended, or running on empty. Distilled from *Picea mariana*, it carries a cool, forested clarity that helps reset both breath and focus without overstimulation.

It is often used when fatigue and demand exist at the same time - when the body needs support rebuilding strength rather than being pushed further. With consistent use, it helps restore a steadier rhythm, supporting resilience, clarity, and a more grounded response to stress.

## MORE WAYS TO USE BLACK SPRUCE

### Post-Exertion Reset

Apply diluted oil to muscles after activity. Commonly used to support recovery and reduce lingering tension.\*

### Breath Support Steam

Add a few drops to hot water and inhale the steam. Helps promote a clearer, more open breathing experience.\*

### Focus + Endurance

Diffuse during long work periods. Supports steady energy and mental clarity without a jittery edge.\*

### Shower Reset

Add 2-3 drops to the shower floor, well away from where you're standing to avoid slippage. Creates a cool, forest-like steam to help reset body and mind.\*

### Daily Grounding Routine

Apply diluted oil along the spine or back of the neck. Often used to support resilience and a more balanced stress response.\*

