

Mountain Pine (Pinus Mugo), Available in: 5 ml, 10 ml glass bottle

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Rating: Not Rated Yet

Price

£6.25

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Description

5 ml - £6.25

10 ml - £9.00

100 % Certified Organic Essential oil (CERES USDA)



This pine oil is extracted from the Pinus mugo var. pumilio tree (also known as Pinus mugo, P. montana and P. pumilio) from the Pinaceae family and is also known as a mountain and Swiss mountain pine.

The Dwarf pine is native to the mountainous regions of Europe and grows to about 3.5 meters high (11 feet). It is extensively cultivated for its wood, tar, pitch, and essential oil and was used by the Native Americans to prevent scurvy.

Dwarf pine oil is very useful to relieve mental, physical and sexual fatigue while having a cleansing and clearing effect on a room. The essential oil of Mountain Pine shown beneficial effects of cases of catarrhs in upper and lower air respiratory systems and also in cases of external use as supportive therapy in rheumatic diseases. Mountain Pine oil shows strong effects on blood circulation which will be enhanced after topical administration of the oil.

This oil can be used in cystitis, hepatitis and prostate problems, as well as to improve circulation and to relieve rheumatism, gout, sciatica, and arthritis, it should be done so with care due to the sensitizing nature of this oil.

More information

Botanical Name: Pinus Mugo

Common Name: Mountain Pine

Family Name: Pinaceae

Parts used: the fresh needles, twigs and younger branches.

Aroma: has a pleasant, fresh forest smell with a balsamic undertone.

Colour: pale yellow.

Country of origin: Bulgaria (EU).

Method of Extraction: Steam distillation

Chemical Type: The main substances are a- pinene, b- pinene ,camphene, limonene, and others.

Properties: antiasthmatic, antineuralgic, analgesic, antiseptic, anti-viral, balsamic, cardiotonic, blood tonic, expectorant, rubefacient., analgesic, antiseptic, anti-viral, diuretic.

Which systems/conditions benefit from its use?

Skincare: deodorizing, cleansing, healing/relieves itching and irritation.

Muscular: muscular pain, arthritis, and rheumatism.

Nervous: relieve mental, physical fatigue.

Reproductive: it is very useful to relieve sexual fatigue too.

Respiratory: it helps with bronchitis, catarrh, colds, flu and other respiratory complaints. Pine Oil tends to lower bronchial secretions and accelerate the local movement.

Cosmetic use: due to the stimulating effect on skin and blood vessels Mountain Pine oil is a main ingredient in massage oils, soaps, shower gels and is good for foot care.

Used as a fragrance component in soaps, detergents, cosmetics, toiletries (especially bath products) and, to a limited extent, perfumes.

Use as a disinfectant: Pine oil disinfectants are relatively inexpensive and widely available.

Have a cleansing and clearing effect on a room.

Culinary use

A recent trend is an increase in the use of the Mugo Pine in cooking. The cones and buds gradually drip syrup, which is then boiled down to a concentrate and combined with sugar to make pine syrup.

Blends well with [Cedarwood](#), [Clary Sage](#), [Juniper berry](#) and [Rosemary](#) essential oils.

Applications

Very suitable for inhalations.

Steam inhalation: Place 1 or 2 drops in a bowl of hot water or a proprietary steamer.

Put 3 -4 drops into the fragrance lamp or humidifier of the radiator in order to improve your indoor room quality and have a soothing effect on your respiratory problems.

In the bath: the oil can be used as supportive therapy in cases of rheumatic diseases (Rimpler H.1999, Grabmann J 2005). For a full-body bath up to 6 drops and 1-2 drops for a footbath.

Sauna: antiseptic, antiviral, flu and colds - 5-10 drops of Pine oil on every 500 ml water.

Massage: In case of cold, to enhance circulation - 25 ml base oil (almond, apricot kernel, grape seed, avocado) max 8 drops of pine oil.

Burners: Use 2 drops in the burner.

Aroma Spray: for deodorizing, disinfecting, cleaning the air – 15-20 drops of pine oil in 250ml water, shake the bottle and spray the room. It can be used in vapor therapy.

Precautions

It can cause dermal irritations and sensitivity with highly sensitive persons.

But remember...

Although pine oil can cause allergic reactions, it is very useful to relieve mental, physical and sexual fatigue, while having a cleansing and clearing effect on a room. Mountain pine is used for its expectorant, disinfectant and antibacterial effect.

Important Note:

Any reference to a disease or condition name does not indicate treatment for this disease or condition. Essential oils are without therapeutic indications. The information provided is for educational purposes only.

Reviews

There are yet no reviews for this product.