



## Essential Oils Extracted from Commercial BC Trees

### *What are essential oils from tree species?*

Essential Oils are steam-distilled from fresh, sustainably harvested conifer needles gathered in the forests of British Columbia. Several commercial species are being utilized—Lodgepole (Shore) pine (*Pinus contorta*), Sitka spruce (*Picea sitchensis*), Douglas-fir (*Pseudotsuga menziesii*), Western Hemlock (*Tsuga heterophylla*), and others.

### SOME KEY FACTS

- Clears stale air and renews brain power
- Pain relief and anti-inflammatory
- Traditional treatment of burns, cuts, heart ailments and rheumatism
- Supported by Coastal First Nations Great Bear Initiative
- Promotes cultural health, growth and prosperity of First Nations
- Sustainable employment opportunity