

CARD Essential oil Balsam fir



The plant



Balsam fir (*Abies balsamea* (L.) Mill.) is one of the most common conifer species in central and eastern Canada. It has a pyramidal shape; it can reach 25 m high with a diameter of 70 cm and can live up to 150 years old. Its needles are 15 to 25 mm long, they are flat with a rounded tip and arranged in two lateral rows. The young trees have a greyish smooth bark sprinkled with vesicles of natural oleoresin still called "Canada balsam". Balsam fir grows in most of the biotopes but prefers wet soils.¹

Our commitment to quality



We are committed to selecting the best plant material and limit as much as possible the amount of wood in the still to get the purest balsam fir needle essential oil. Also, we distill balsam fir for at least 5 hours to get the most complete essential oil and we keep it under inert atmosphere to protect it from oxidation.

Typical composition of our essential oil



- Santene	1.0 – 1.8 %	- 1,8-Cineole	4.0 – 5.5 %
- Tricyclene	0.5 – 1.3 %	- Terpinolene	0.6 – 1.4 %
- α-Pinene	13.5 – 15.5 %	- Camphor	0.2 – 0.4 %
- Camphene	5.0 – 6.0 %	- Borneol	0.2 – 1.0 %
- β-Pinene	31.0 – 34.0 %	- α-Terpineol	0.2 – 1.0 %
- Myrcene	1.6 – 2.4 %	- Bornyl acetate	6.0 – 8.0 %
- Δ ³ -Carene	11.0 – 13.0 %	- Longifolene	0.2 – 0.6 %
- Limonene	9.0 – 11.0 %	- β-Bisabolene	0.2 – 0.8 %