

## 10 ml White Birch Essential Oil



**Brand:** Ancient Wisdom

**Product Code:** EO-76

**Availability:** In Stock

**Weight:** 0.04kg

**Price:** £4.75

### Description

Latin Name : Betula Pendula Roth Part of Plant Used : Leaf Buds Source

: China Extraction Method : Steam Distillation This White Birch Essential Oil is known to have natural astringent properties so can be very useful when well diluted in a carrier oil or cream or lotion. It may offer help to soothe skin conditions such as acne and eczema. It's also thought to be of assistance in removing toxins and boosting circulation. The health benefits of Birch Essential Oil can be attributed to its properties as a tonic, disinfectant, stimulant, antidepressant, analgesic, detoxifying, antirheumatic, antiarthritic, diuretic, antiseptic, astringent, febrifuge, germicide, insecticide, and depurative substance. Birch oil is helpful in reducing pain in the joints and muscles, as well as pain associated with headaches and toothaches. It is also antispasmodic and relieves cramping throughout the body. Since it stimulates the circulatory system and improves circulation, birch essential oil is very helpful in giving relief in diseases associated with improper circulation such as edema (swelling), rheumatism, and arthritis.