In this article, we will explore essential oil of turpentine uses, its benefits, recipes, and more. Turpentine, a substance derived from the resin of pinus pinaster pine trees, has a rich history and a variety of modern uses that go beyond its well-known application as a paint thinner. Its unique properties have found applications in fields as diverse as the arts, medicine, and even household cleaning. $9.97 Botanical Name: Pinus Pinaster Alternative Names: Turpentine, Maritime Pine or Cluster Pine Plant Part: Resin Method of Extraction: Steam Distilled Country of Origin: Portugal Color/Consistency: Clear with Thin Consistency Aroma: Fresh, Woody, Earthy Perfumery Note: Top Main Chemical Components: alpha-Pinene (70.47%),... read more The Maritime Pine, also known as Pinus pinaster or the Cluster Pine, originates from the South Atlantic Europe area and some portions of the Western Mediterranean. This pine species is renowned for its rapid growth and hardy nature. It produces petite seeds that are uniquely characterized by their large wings. The resin from this tree has been used since ancient times for its therapeutic properties. Traditional turpentine uses include treating wounds, respiratory conditions, and joint pain. Turpentine oil derived from the resin of Pinus pinaster was widely utilized in traditional medicine and it's still used today. What's The Difference Between Turpentine from The Hardware Store and The Essential Oil? Industrial turpentine and essential oil turpentine both originate from the same source - the exuded resin of pine trees. However, their processing, composition, and uses differ significantly. Industrial turpentine, also known as gum turpentine, is obtained through the distillation of the exudate from pine trees. It is a mixture of hydrocarbons rich in α-pinene and β-pinene, with smaller amounts of carene, camphene, dipentene, and terpinolene. This type of turpentine is extensively used in various industries for manufacturing polishes, grinding fluids, paint thinners, resins, degreasing solutions, and more. It's also used in soap and cosmetics, and even added to perfumes, foods, and cleaning agents as a flavoring or fragrance. On the other hand, essential oil turpentine, often referred to as turpentine oil, is an essential oil extracted by distillation from pine resin. This oil contains terpenes like pinene and terpene alcohols. It's often used in aromatherapy and natural medicine due to its potential health benefits. It's worth noting that tapping pine trees for their resin to produce these products doesn't cause any damage to the trees themselves. Technical Information: Botanical Name: Pinus pinaster Common Name: Maritime Pine Family: Pinaceae Plant Part Used: Resin Color: Clear Consistency: Thin Extraction Method: Steam Distillation Aroma: Fresh, Woody, and Earthy Chemical Properties and Main Components: Maritime Pine Essential Oil consists primarily of alpha-pinene and beta-pinene. These constituents are known for their: Anti-inflammatory properties: Alpha-pinene and beta-pinene have been found to exhibit anti-inflammatory effects. Antiseptic properties: They can help prevent infections and promote wound healing. Expectorant properties: They can aid in the expulsion of mucus, making them beneficial for respiratory conditions. Modern Usefulness of the Oil: Today, Maritime Pine Essential Oil is popularly used in aromatherapy for its invigorating and purifying properties. It's also used in natural cleaning products due to its antibacterial and antiviral properties. Respiratory Health: Pinus pinaster aka turpentine essential oil is often used for respiratory issues. It can be beneficial during flu season and for respiratory infections due to its expectorant properties, which can help clear mucus and phlegm from the respiratory tracts.Pain Relief: The essential oil has been found beneficial for rheumatoid pain and arthritis, potentially providing relief to those dealing with these conditions.Stress Relief and Air Purification: The essential oil is often used to relieve stress, mask odors, and purify air. Its strong, woody scent can create a calming environment and freshen up indoor spaces.Wound Healing and Anti-Inflammatory Properties: Experimental studies have shown that P. pinaster (this particular species of pin resin) has remarkable anti-inflammatory and wound healing activities, supporting its traditional use in these areas.Parasite Cleansing: This oil is traditionally and commonly used as a remedy for ridding the body of parasites.Aromatherapy: With a fresh, coniferous, resinous, woody, and faintly floral note, the oil is often used in aromatherapy practices for its soothing and uplifting experience. Recipes for the Maritime Pine Essential Oil: Blend for Respiratory Relief: This blend utilizes the scents of several essential oils for a refreshing and invigorating experience. Here's how to make it: Multi-Purpose Cleaner: This cleaner uses the natural cleaning power of essential oils to help your house sparkle. To make it, you'll need: Massage Blend: This simple massage blend can help with areas affected by tightness or discomfort. You'll need: Associated Chakras: Maritime Pine Essential Oil is often associated with the root chakra, which is related to feelings of groundedness and stability. Associated Crystals: Crystals like black tourmaline and red jasper are often associated with the grounding energy of pine essential oil. The uses of turpentine from Pinus pinaster are vast and varied, from traditional remedies to modern-day aromatherapy. « Back to Blog We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here's our processCurious about what is turpentine used for? This oil from pine trees is used in medicine, cleaning, and perfumes. Discover its uses, safety concerns, and how it differs from pine essential oil.While research suggests there are health benefits, the FDA doesn't monitor or regulate the purity or quality of essential oils. It's important to talk with your healthcare provider before you begin using essential oils and be sure to research the quality of a brand's products. Always do a patch test before trying a new essential oil.Turpentine is a pretty strong and versatile oil — maybe you've heard of her. This one is more commonly known in the art world though; good for things like cleaning brushes after using oil-based paints.This means turpentine is not your typical addition to a home essential oil kit.In fact, turpentine isn't actually something you can even buy from trusted essential oil manufacturers.Keep reading to learn more about turpentine, the safety concerns around it, and how it's different from pine essential oils. Share on PinterestAnna Efetova/Getty ImagesLet's be clear, turpentine is not *the* essential oil made from pine trees.Turpentine oil is produced from the resin of particular pine trees.Although it's been known for certain medicinal uses, there are some glaring safety issues around it, which we'll get to in a sec.Put in a diffuser, pine essential oil can fill a room with an awesome scent, and it also works well in some cleaning products and is overall a safer way to achieve that "woody" scent with your diffuser.You may have also noticed lots of pine essential oil anecdotes floating around online, with claims that it can offer some health benefits too.Unfortch, there's a major lack of science behind these right now.Of course, like with all types of essential oils, there are possible side effects to consider with pine oil too (redness, itchiness, hives, etc.).If you're allergic to pine trees, it's obvi best to keep your distance from pine oil, babe.It's important to point out that there's no scientific support for these uses right now.When turpentine is found in perfumes, foods, and cleaning supplies, it's thanks to its fragrance. It can also be distilled and slapped into some foods and drinks for flavoring (the more you know!). Though, please don't go drinking turpentine oil — it can be extremely toxic.We need more research to seal the deal on turpentine's true effectiveness in these areas, but it's sometimes used to treat:toothachescertain skin infectionsmuscle painjoint painnerve painWhile there are a number of good uses for turpentine oil, we definitely recommend chatting with your doctor before using pure turpentine in your home. Peep these precautions:Taking by mouth. It is unsafe (and possibly fatal) to take turpentine by mouth. DO. NOT. DO. IT.Children. Don't give turpentine to kiddos — they're extra sensitive to it and it could lead to fatal outcomes. There's not enough solid science around letting children inhale turpentine or applying it anywhere on their skin either, so it's best to keep it away altogether.Preggo or breastfeeding. It's very possible taking turpentine by mouth (which you should never do, pregnant or not) during pregnancy or breastfeeding is hella unsafe — it can lead to poisoning and even miscarriage.There's not enough research around inhaling it or using it topically during pregnancy or breastfeeding, so it's best to avoid.Hypersensitivity or allergic reactions. If you find yourself having any type of adverse reaction to turpentine oil, steer clear of it. You can usually perform a patch test to find out if you're allergic.Respiratory conditions. It's best for people with asthma, whooping cough, or other lung conditions to avoid inhaling turpentine — it may make things worse.When it's safe: Small amounts of turpentine oil applied to the skin are likely the safest use — but again, consult with a doctor first.Like we mentioned, don't ever take turpentine oil by mouth, this is not at all safe.Possible side effects include:While skin application is the safest use, there's still a chance it could cause an allergic reaction or skin irritation for some. Plus, applying too much turpentine oil can possibly cause damage to the kidneys or the nervous system.Inhaling turpentine: We know that it's an ingredient consistent in vapor rubs that are great for soothing congestion, but directly inhaling pure turpentine oil can possibly bring on discomfort in the throat and lungs and potentially cause airways to spasm, especially for people with asthma.If you're looking to safely enjoy the benefits of turpentine oil, it can be found online or at most stores where other essential oils are sold.It's a good idea to chat with a doctor before testing it out, though. Especially since dosing will depend on several factors and the areas you would like to treat.It's important to read labels and instructions carefully since there are no fast and fast scientific rules about turpentine dosage right now.Enjoying turpentine oil safely and in moderation is the best way to tap into its benefits.Unless you're taking up oil painting (go off, Bob Ross), there's really no reason to test out turpentine. In fact, we don't recommend turpentine for most things outside of the art world.Plus, there are plenty of safer products you can apply to your skin for things like pain relief.If you are hella intent on getting that "woodsy" aroma in your life, we recommend trying scotch pine essential oil for your diffuser instead.Almirall M, et al. (1996). Effect of d-limonene, alpha-pinene and cineole on in vitro transdermal human skin penetration of chlorpromazine and haloperidol. K, et al. (2006). Effect of physicochemical properties of cyclic terpenes on their ex vivo skin absorption and elimination kinetics. WC. (2009). Volatile oils and resins. AA, et al. (1990). Uptake, distribution, and elimination of alpha-pinene in man after exposure by inhalation. AF. (1996). Short term inhalation exposure to turpentine: toxicokinetics and acute effects in men. ⬤zel A, et al. (2015). A lethal danger in the home: turpentine poisoning. Q, et al. (2017). Development of essential oils as skin permeation enhancers: penetration enhancement effect and mechanism of action. AJ, et al. (2006). Turpentine oil inhalation leading to lung necrosis and empyema in a toddler. B, et al. (2009). The essential oil of turpentine and its major volatile fraction (α- and β-pinenes): A review. oil. (2018). VG, et al. (2015). Turpentine oil induced inflammation decreases absorption and increases distribution of phenacetin without altering its elimination process in rats. S. (2014). Turpentine. L, et al. (2017). Human metabolism of alpha-pinene and metabolite kinetics after oral administration. Arch Toxicol. R, et al. (2000). Increase in sensitization to oil of turpentine: recent data from a multicenter study on 45,005 patients from the German-Austrian information network of departments of dermatology (IVDK). (Turpentine oil, wood turpentine, sulfate turpentine, sulfite turpentine). Review of toxicological literature. (2002). Y, et al. (2020). Acute eosinophilic pneumonia following inhalation of turpentine oil: A case report.   Turpentine has been used as a solvent for paints and varnishes and as a paint thinner. Turpentine also has a host of other uses, such as furniture wax when mixed with beeswax. Turpentine historically also has served many medical uses. You can read about those here. Turpentine can be used to clean oil or paint from fabric, an ingredient for ink, a lubricant when drilling glass, cleaner for firearms, can be used to dissolve rubber, used as a fuel for lamps, flea repellent or as a disinfectant. How to Make Turpentine: Turpentine is distilled from pine resin. Different species of pine, spruce and fir can be used as sources of pine sap. Traditionally longleaf pine and slash pine were used when pine sap was collected commercially for turpentine production in years past. This resin is collected from pine trees by either cutting the pine tree or simply collecting the sap that you can find on pine trees that have already been damaged. This can be from where insects have eaten into the tree or where a limb has broken off or where the tree is damaged by a canker. The solid material left behind after distillation is known as rosin. Both turpentine and rosin are useful. I will only be discussing turpentine here, however. If you are interested in using the rosin, then you want only pure, clean sap. If there is debris in your sap, then you will need to heat the sap and strain out the contaminants. To make turpentine will need a simple distillation system. This can be nothing more than a small can with a top. Connect a pipe or metal tubing to the can. A perfect seal is not necessary, but of course it will be more efficient if it is properly sealed. As you heat the pine sap you will melt the sap and vapors will begin to outgas from the sap. These vapors will travel down the pipe and must be cooled before escaping the pipe. Cooling the vapors condenses them into a liquid. This liquid is the turpentine that you seek. The turpentine is simply collected in a jar at the end of the pipe or tubing. Running water over the pipe or tubing will cool it down and condense the vapors into a liquid. Cool the pipe as you heat the sap. The vapors will condense in the pipe which you can collect as a liquid in a jar. Rosin is what is left behind in the distilling pot. Back To Survival Substances Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. 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En este artículo, exploraremos los diversos usos y beneficios que esta sustancia ofrece, así como algunos consejos prácticos para sacarle el máximo provecho en tus tareas de limpieza y mantenimiento del hogar. ¡Sigue leyendo para descubrir todo sobre el maravilloso mundo del aguarrás! Usos tradicionales de la trementina en la limpieza del hogar La trementina, un aceite esencial que se extrae de la resina del pino, ha sido ampliamente utilizada en la limpieza del hogar debido a sus propiedades desinfectantes y aromáticas. A continuación, te presentamos algunos usos tradicionales de la trementina para la limpieza y restauración en tu hogar: Eliminación de manchas de pintura: Aplica trementina en la mancha de pintura y déjala actuar durante unos minutos antes de limpiar con un paño húmedo. Desinfección de superficies: Mezcla trementina con agua y un poco de jabón para limpiar y desinfectar mesas, encimeras y otras superficies. Restauración de muebles de madera: Utiliza trementina para limpiar y revitalizar muebles de madera, eliminando manchas y devolviéndoles su brillo natural. Beneficios de la trementina en la restauración de muebles antiguos La trementina es un producto natural derivado de la resina de los árboles de pino. En la restauración de muebles antiguos, la trementina ha demostrado ser una herramienta invaluable debido a sus propiedades limpiadoras y restauradoras. A continuación, te presentamos algunos beneficios de la trementina en la limpieza y restauración de muebles antiguos: Elimina manchas: La trementina es un excelente disolvente que puede ayudar a eliminar manchas difíciles de los muebles antiguos sin dañar la superficie. Restaura el brillo: Al aplicar trementina en los muebles antiguos, se puede restaurar el brillo natural de la madera, dejando una apariencia renovada y rejuvenecida. Protege la madera: La trementina puede ayudar a proteger la madera de los muebles antiguos de la humedad y los insectos, prolongando su vida útil. Elimina manchas Restaura el brillo Protege la madera Consejos para utilizar la trementina de forma segura y eficaz en la limpieza En la limpieza y restauración de muebles y superficies, la trementina es un producto que puede ser de gran ayuda gracias a sus propiedades limpiadoras y desinfectantes. Sin embargo, es importante saber cómo utilizarla de forma segura y eficaz para obtener los mejores resultados. A continuación, te brindamos algunos consejos para aprovechar al máximo las bondades de la trementina: Antes de utilizar la trementina, asegúrate de leer y seguir las instrucciones del fabricante para su uso adecuado. Utiliza siempre guantes de goma y protección para los ojos al manipular la trementina, ya que puede ser irritante para la piel. Evita utilizar la trementina en áreas mal ventiladas, ya que sus vapores pueden resultar tóxicos si se inhalan en grandes cantidades. Para limpiar superficies pintadas con trementina, aplica el producto con un paño suave y realiza movimientos circulares para remover la suciedad con cuidado. Recuerda que la trementina es un producto potente que debe ser utilizado con precaución, siguiendo todas las indicaciones de seguridad para evitar posibles riesgos para la salud. Diferencias entre trementina natural y trementina sintética: ¿Cuál es mejor? La trementina es un producto natural que se ha utilizado durante siglos en la limpieza y restauración de arte, muebles y otros objetos. Sin embargo, en la actualidad también se produce de forma sintética. Aunque ambos tipos de trementina comparten algunos beneficios, existen diferencias importantes entre ellos que pueden afectar su eficacia y seguridad. Algunas diferencias clave entre la trementina natural y la sintética incluyen: Origen: La trementina natural se obtiene de la resina de varios árboles, como el pino, mientras que la sintética se produce a través de procesos químicos. Contenido químico: La trementina natural contiene compuestos orgánicos naturales, mientras que la sintética puede contener aditivos y sustancias químicas que pueden ser dañinas. Propiedades: La trementina natural tiende a ser más suave y menos agresiva que la sintética, lo que la hace ideal para la limpieza y restauración de objetos delicados. Característica Trementina Natural Trementina Sintética Origen Resina de árboles Procesos químicos Contenido Compuestos orgánicos naturales Aditivos y sustancias químicas Propiedades Suave y menos agresiva Más agresiva Para terminar En resumen, el aguarrás es una herramienta versátil y eficaz en la limpieza y restauración de diversos objetos y superficies. Sus propiedades solventes lo convierten en un aliado indispensable para eliminar manchas, suciedad y pintura vieja de una manera segura y efectiva. ¡Aprovecha todos los beneficios que el aguarrás tiene para ofrecer y déjate sorprender por sus resultados impecables! Please enable Javascript in order to use PubChem website. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. 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