

Pinus mugo

[Synonyms : *Pinus montana*, *Pinus mughus*, *Pinus pumilio*, *Pinus uncinata*]

DWARF MOUNTAIN PINE is an evergreen shrub or tree. Native to the mountains of central and southern Europe it has needle-like leaves and egg-shaped glossy, dark brown to yellowish cones.

It is also known as *Almindelig Bjerg-Fyr* (Danish), *Alppimänty* (Finnish), *Bergföhre* (German), *Bergkiefer* (German), *Bergtall* (Swedish), *Borovica horská* (Slovak), *Borovice horská* (Czech), *Borovice kleč* (Czech), Dwarf pine, *Föhre* (German), *Jneapăn* (Rumanian), *Kleč horská* (Czech), *Knieföhre* (German), *Knieholz* (German), *Kosodřevina* (Czech), *Krummholzkiefer* (German), *Latsche* (German), *Latschenkiefer* (German), *Legföhre* (German), Mountain pine, *Mugo* (Esperanto, Italian), Mugo pine, *Pin à crochets* (French), Pine, *Pin de montagne* (French), *Pin mugo* (French), *Pino mugo* (Italian), Swiss mountain pine, and *Vuorimänty* (Finnish).

The branches are lopped in Summer and steam distilled to give an essence known variously as Mugo pine oil, Pumilio pine oil, Pine needle oil, and Oleum Pini Pumiliones.

Mugo is an old Tyrolese name for this species.

Today the toiletry industry uses the oil in deodorants, bath foams and bathsalts and it is also an ingredient for the perfumery industry in toilet waters and perfumes.

Medicinally, this oil has been used since the 17th Century particularly by the Hungarians, Italians, and Swiss. In Britain in 1888 it was described as helpful for certain respiratory problems but has never attracted the same enthusiasm there as elsewhere. Today it is used by the pharmaceutical industry in antiseptics and cough remedies.