

# Frankincense

*Boswellia* 15 mL

dōTERRA®

Product Information Page



CPTG®

**Application:** A | T | N

**Plant Part:** Resin from *Boswellia carterii*, *sacra*, *papyrifera*, and *frereana*

**Extraction Method:** Hydro-distilled

**Aromatic Description:** Warm, spicy, herbal

**Main Chemical Components:**  $\alpha$ -pinene, limonene, octyl acetate

**Frankincense** | *Boswellia* 15 mL

## Primary Benefits

- + Provides a comforting, uplifting aroma
- + Helps to maintain healthy skin when applied topically

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

## Description

*Boswellia* trees have been celebrated for centuries. The Babylonians and Assyrians would burn the tree resin in religious ceremonies and for contemplative meditation. The ancient Egyptians used it in perfumes and salves for soothing skin. Oil from the resin has long been used in Ayurvedic and traditional Chinese health practices. dōTERRA Premium Frankincense essential oil is a proprietary blend of resins from four species of *Boswellia* trees, *Boswellia carterii*, *Boswellia sacra*, *Boswellia papyrifera*, and *Boswellia frereana*. Considered the 'king of oils', Frankincense has extraordinary health benefits when used topically. Because of the oil's significant level of  $\alpha$ -pinene, preclinical research also indicates Frankincense may help maintain healthy skin structure. Nourishing and clarifying as an addition to daily skin care, the oil's warm, spicy, herbal aroma creates a relaxing yet uplifting atmosphere.

Because *Boswellia* species used in dōTERRA Frankincense essential oil grow best in different soils and regions, dōTERRA Co-impact Sourcing® is helping to diversify supply pressure and create future sustainable harvesting solutions.

## Uses

- + Diffuse during reflection or meditation.
- + Apply topically or add to cream or lotion to nourish and calm skin.
- + Massage on the bottoms of feet

## Directions

**Aromatic use:** Use three to four drops in the diffuser of choice.

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.