

AUST L 370658  
AU SKU: 60218048



# dōTERRA® FRANKINCENSE

*Boswellia oil essential 1 mL/mL*

*Warm, spicy, clean*

*Aromatic description*

With a warm and spicy aroma Frankincense essential oil has a peaceful and soothing effect to support health and emotional wellness.

## PRIMARY BENEFITS

**TRADITIONALLY USED IN AROMATHERAPY TO:**

- Calm the mind
- Relieve restlessness
- Soothe & calm nerves
- Relieve symptoms of stress
- Reduce symptoms of mild anxiety
- Relieve bronchial mucous congestion
- Reduce common cold duration
- Clear respiratory tract mucous
- Relieve cough
- Reduce skin dryness

**OTHER BENEFITS**

- Antioxidant - reduces free radicals formed in the body
- Helps decrease free radical damage to body cells
- Relieve nervous tension & unrest
- Relieve mild upper respiratory tract congestion

## PRODUCT DESCRIPTION

Frankincense is renowned as one of the most prized and precious essential oils. In addition to its notoriety in the New Testament, the Babylonians and Assyrians would burn Frankincense in religious ceremonies and the ancient Egyptians also used Frankincense resin for everything from perfume to salves for soothing skin.

This centuries-old knowledge contributes to the modern uses of Frankincense today. Its soothing and beautifying properties are used to revitalise the appearance of the skin and help reduce the appearance of imperfections when applied topically.

When inhaled or diffused Frankincense essential oil may support feelings of peace, relaxation, satisfaction and overall spiritual and emotional wellness.

## DIRECTIONS FOR USE

**TOPICAL USE:** Combine one to two drops with a teaspoon of carrier oil and massage into the desired area.

**DIFFUSION:** Use three to four drops in a diffuser of your choice.

**FOOD FLAVOUR USE:** Add one or two drops to food.

See additional precautions below.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN.  
Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

**PLANT PART:** Resin from *Boswellia carterii*, *frereana*, and *sacra*.

**EXTRACTION METHOD:**

Steam distillation

**MAIN CHEMICAL COMPONENTS:**

$\alpha$ -pinene, limonene,  $\alpha$ -thujene,



Certified Pure Tested Grade

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**ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.**