

FRANKINCENSE

Boswellia Essential Oil 15 mL

Restore

Aromatic description: Warm, spicy, clean

Relax and restore with precious Frankincense

Known in ancient times as the king of oils, Frankincense was highly esteemed among ancient civilisations and used in many rituals and meditation practices. The Babylonians and Assyrians would burn Frankincense in religious ceremonies, and the ancient Egyptians used Frankincense for everything from perfume to soothing skin.

PRIMARY BENEFIT

Alleviate rough and sore skin. Rub Frankincense Essential Oil on your hands after a long day of gardening for a soothing effect.

SECONDARY BENEFIT

The benefits of foot massage are well known. Relax and restore by massaging Frankincense into the soles of your feet.

TERTIARY BENEFIT

Re-focus and re-centre. Diffuse Frankincense to create a peaceful and meditative space; slow your breath and quieten your mind.

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.

USES

- Rub Frankincense essential oil on your hands after a long day of gardening for a soothing effect.
- Apply topically to help reduce the appearance of skin imperfections.
- Massage on the bottoms of feet to promote feelings of relaxation and to balance mood.

DIRECTIONS FOR USE

DIFFUSION:

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

FOOD FLAVOUR:

Add one or two drops to food.

TOPICAL USE:

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

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

KEY COMPOUND:

α -pinene, limonene, α -thujene



Certified Pure Tested Grade

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