

# Frankincense

*Boswellia* 15 mL

dōTERRA® | CANADA

Product Information Page



**CPTG** Certified Pure Tested Grade®

**Application:** A T N

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

**Extraction Method:** Steam distillation

**Aromatic Description:** Warm, spicy, clean

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

**Frankincense** | *Boswellia* 15 mL

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## Primary Benefits

- + Provides a comforting, uplifting aroma
- + Helps maintain healthy-looking skin when applied topically
- + Soothes and moisturizes dry skin
- + Maintains healthy-looking cuticles and fingernails
- + Helps clean teeth and gums

## Description

Frankincense essential oil has been cherished throughout history as one of the most precious substances on Earth. It has been used for centuries for its beautifying characteristics, particularly for rejuvenating the appearance of skin. Frankincense oil has nourishing, soothing topical effects and helps maintain a healthy-looking complexion when added to your daily skincare. Through diffusion, this warm, spicy, herbal aroma creates a deeply relaxing atmosphere and promotes a peaceful environment.

**Sourcing Frankincense:** 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 Frankincense essential oil during reflection or meditation.
- + Add Frankincense oil to a cream or lotion or apply directly to nourish and soothe the skin.
- + Massage a drop into the bottoms of feet at bedtime for a centering experience.
- + Apply daily to cuticles to maintain healthy-looking nailbeds.
- + Add a drop to a few ounces of water and rinse to promote clean gums, mouth, and teeth.

## Directions

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

**Internal use:** Dilute one drop in 120 mL of liquid.

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

## Cautions

For external use only. 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.