

# Frankincense

Boswellia Essential Oil 5 ml

dōTERRA® | INDIA

Product Information Page



**Application:** A I S

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

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

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

**Frankincense** | *Boswellia* Essential Oil 5 ml

**SKU:** 60219328

## Primary Benefits

- + When taken internally, Frankincense essential oil can help sustain a healthy immune function response.
- + Promotes peaceful, relaxed and satisfied feelings.
- + The soothing sensation and aroma of Frankincense will promote feelings a balanced mood.

## Product Description

Renowned as one of the most prized and precious essential oils, Frankincense has extraordinary benefits. In addition, the Babylonians and Assyrians would burn Frankincense in religious ceremonies and the ancient Egyptians used Frankincense resin for everything from perfume to salves for soothing skin. This centuries-old knowledge contributes to the modern uses of Frankincense today. When diffused, Frankincense promotes feelings of peace, relaxation, satisfaction, and overall spiritual and emotional wellness.

## Uses

- + Frankincense essential oil can help support digestion.
- + Add a drop or two to a glass of water as part of your daily regimen.
- + Diffuse during reflection or meditation.

## Directions for Use

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

**For Use in Food:** Dilute one drop in 120 ml of liquid.

## 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.