

Frankincense

Boswellia Essential Oil 15 ml

dōTERRA® | INDIA

Product Information Page



Application: A T N

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

Aromatic Description: Warm, spicy, clean

Main Chemical Composition: α -pinene, limonene, α -thujene

Frankincense | Boswellia Essential Oil 15 ml

SKU: 60219522

Primary Benefits

- + Soothes skin while reducing the appearance of imperfections
- + Promotes peaceful, relaxed and satisfied feelings
- + May help hydrate and rejuvenate the skin
- + The soothing sensation and aroma of Frankincense will promote feelings a balanced mood

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. Its soothing and beautifying properties are used to revitalize the appearance of the skin while minimizing some imperfections when applied topically. When diffused, Frankincense promotes feelings of peace, relaxation, satisfaction, and overall spiritual and emotional wellness.

Uses

- + Rub Frankincense on the hands 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

Diffusion: 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.

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.