

Frankincense (Food)

Boswellia Essential Oil 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: 1

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

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, clean

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

PRODUCT DESCRIPTION

Renowned as one of the most prized and precious essential oils, Frankincense has extraordinary benefits.

In addition to its notoriety in the New Testament, 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.

USES

- Add 1-2 drops to food

DIRECTIONS FOR USE

Internal use: 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.

PRIMARY BENEFITS

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