

Frankincense

Boswellia Essential Oil 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A | T | N

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

PRIMARY BENEFITS

- May provide a soothing aromatic experience
- Helps support healthy skin

PRODUCT DESCRIPTION

Renowned as one of the most prized and precious essential oils, Frankincense has extraordinary health 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. Its soothing properties are used to support young and healthy looking skin when applied topically. Combine with essential oils like Bergamot or Lavender and inhale or diffuse to create an experience of peace and satisfaction.

USES

- Rub Frankincense on your hands after a long day of gardening.
- Apply topically to benefit the skin.
- Massage on the bottoms of feet.

DIRECTIONS FOR USE

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.

