

# Frankincense

*Boswellia* 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

**Application:** A T I N

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

**Extraction Method:** Hydro-distilled

**Aromatic Description:** Warm, spicy, herbal

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

Frankincense | *Boswellia* 15 mL

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## Primary Benefits

- + May help support healthy cellular function when used internally\*
- + Provides a comforting, uplifting aroma
- + Helps to maintain healthy skin when applied topically

## 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.

## Description

Boswellia trees have been celebrated for centuries. The Babylonians and Assyrians would burn the tree resin in religious ceremonies and for contemplative meditation. The ancient Egyptians used it in perfumes and salves for soothing skin. Oil from the resin has long been used in Ayurvedic and traditional Chinese health practices. dōTERRA Premium Frankincense essential oil is a proprietary blend of resins from four species of Boswellia trees, *Boswellia carterii*, *Boswellia sacra*, *Boswellia papyrifera*, and *Boswellia frereana*. Considered the 'king of oils', Frankincense has extraordinary health benefits when used topically or taken internally.\* According to pre-clinical research, Frankincense essential oil may promote healthy cellular function when taken internally.† Experimental research suggests internal use of Frankincense, high in  $\alpha$ -pinene, may provide soothing effects to the body.\* Because of the oil's significant level of  $\alpha$ -pinene, preclinical research also indicates Frankincense may help maintain healthy skin structure.† Nourishing and clarifying as an addition to daily skin care, the oil's warm, spicy, herbal aroma creates a relaxing yet uplifting atmosphere.

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 during reflection or meditation.
- + Apply topically or add to cream or lotion to nourish and calm skin.
- + Add a drop or two to a veggie cap as a part of your daily regimen.

## Directions

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

**Internal use:** Dilute one drop in 4 fluid ounces of liquid or take one to two drops in a veggie cap.

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

†Pre-clinical and experimental studies require additional confirming research. We look forward to the results of these additional supportive studies.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.