

FRANKINCENSE ESSENTIAL OIL

Frankincense, also known as Olibanum is the aromatic resin obtained from the Boswellia tree grown predominantly in Somalia. The essential oil is obtained by steam distillation of the dry tree resin. With its woody and spicy aroma Frankincense essential oil promotes relaxation and helps to rejuvenate ageing skin.

Botanical Name	<i>Boswellia carteri</i>
Plant Part	Oleo gum resin
Actions	Warming, calming, Euphyoric relaxing, meditation facilitator, sleep inducing
May Help	Insomnia, stress, emotional fragility, respiratory problems
Fragrance Note	Base
Blends with	Lavender, Geranium, Sandalwood, Orange, Bergamot, Neroli, Rose, Vetiver



Suggestions for use:

MEDITATING BLEND	
Frankincense	5
Orange	3
Ylang Ylang	2
In Vapouriser	

BREATHE THE SUNSHINE BLEND	
Frankincense	3
Geranium	3
Orange	3
In Vapouriser	

*Quantity shown refers to number of drops of essential oils

Cautions

Avoid use during the first trimester of pregnancy.

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease