



Frankincense Essential Oil

DESCRIPTION: Of ancient renown, this precious aroma elevates a sense of purpose and connection. Diffuse to comfort and for spiritual grounding.

TOP AROMATHERAPY BENEFITS: center • spiritual • purpose

AROMA: Rich & Spicy

BLENDS WITH: Cedarwood, Lavender, Orange

INGREDIENTS: Boswellia carterii (frankincense) oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a grounding and peaceful aromatherapy experience.

Enhance Meditation

Use during yoga or meditation to help put you in a peaceful place.

Study & Memory

Diffuse to encourage focus and memory while trying to concentrate.

Use Before Bed

Dilute with carrier oil and apply to feet at bedtime to promote calm feelings.

Add to Bath

Add a few drops to a warm bath for a calming soak.

Feel Relaxed

Diffuse or dilute and use topically when feeling anxious, stressed, or restless.

Use for Skincare

Apply to a cotton swab with carrier oil or add to skin care cleanser as part of regular cleansing. Avoid eyes.

Surface Cleaner

To a spray bottle, add 7 drops frankincense and 7 drops orange oil, 1 cup distilled water, and 1/4 cup white vinegar. Shake well.

Healthy Habits

Combine with a carrier oil and apply to wrists and chest for encouragement when dieting and exercising.

At Home

Combine with orange and/or clove and diffuse when seasonal irritants are present.

Encourage Relaxation

Dilute and apply to pulsepoints to encourage relaxation.

DIY AROMATHERAPY BLENDS:

Awaken: Frankincense + Lemon + Peppermint

Chill: Frankincense + Clary Sage + Orange + Ylang Ylang

Concentrate: Frankincense + Rosemary + Peppermint

Feeling Nervous: Frankincense + Bergamot

Get Well Soon: Frankincense + Cinnamon + Clove + Orange

Grounding: Frankincense + Lemongrass + Peppermint

Mood Booster: Frankincense + Grapefruit + Orange + Peppermint

Peace: Frankincense + Cedarwood + Lavender

Winter Comfort: Frankincense + Canadian Fir + Orange

Uplift: Frankincense + Orange

Usage: Use 3-5 drops per 100 mL of water with a diffuser. Dilute at a 1 to 1 ratio with carrier oil to use topically.

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.