

# Frankincense

## *Boswellia Frereana Essential Oil*

Frankincense is often called the “king of oils,” and has a wonderful calming effect on the mind. Frankincense can also be used topically and internally for many health benefits.

Size: 15ml Price: \$70.00

Size: 5ml Price: \$24.99

APPLICATION METHODS:  Can be used topically  Can be used internally  Can be used aromatically

### Primary Benefits

Aids in healthy cellular function, combats major illness, speeds recovery of wounds, aids in feelings of relaxation, reduces the appearance of skin imperfections.

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Internal use:** Dilute one drop in 4 fl. oz. of liquid

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Woody, spicy, clean, camphoric

### Collection Method

Steam Distillation

### Plant Part

Resin

### Main Constituents

a-pinene, actanol, linalool, limonene, a-thujene

### Description

Known as one of the gifts given to the baby Jesus, Frankincense was highly valued by the Hebrews and used in ointments and even perfumes. This essential oil contains many beautifying properties that can rejuvenate the skin and aid in reducing the appearance of fine lines, wrinkles, and sun spots. Frankincense is also known to aid in cellular function. It soothes and calms the mind, slows and deepens breathing, and is excellent for use when meditating.

### Uses

- Diffuse to calm the mind, reduce anxiety and feel peace
- Use in skin care to reduce the appearance of skin imperfections
- Rub on your feet and t-zone area of your face to promote alertness and vitality
- Use with Spark Naturals Carrier Oil for a soothing and warming massage
- Apply to bottoms of feet to balance mood and promote relaxation
- Add to base cream to aid in general skin tone and rejuvenating skin
- Add to your daily skin care regimen
- Take one to two drops in a veggie cap to aid in cellular function

### Properties

Antiseptic, Astringent, Deodorant, Diuretic, Sedative and Vasoconstrictor

*\*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.*



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