

# Frankincense

**boswellia carteri** 10ml

Frankincense trees grow in rocky, desert-like soil. They are seldom more than 20 feet tall, and some have bizarre shapes. Each tree has its own personality. Everything about them is a testimony to the unforgiving sun of this land. They chose a location where the mountains provide protection from the wind, and mountain dew is the only moisture they receive. Average rainfall must be below 4 inches in order for them to thrive. Frankincense essential oil is steam distilled from the resin produced by these trees.\*

Frankincense has been used for thousands of years as an incense, and was once considered as valuable as gold. In ancient Egypt it was utilized in cosmetics, perfumes, and rejuvenating skin treatments. Medicinally, Frankincense has been used in both the East and West for a wide range of concerns including nervous complaints, digestive issues, rheumatic conditions, and respiratory infections.\*

In the last few years, Western science has become aware of the ability of Frankincense to lessen the pain caused by rheumatism. A study conducted at the University of Munich was able to prove the effects of Frankincense on joint pain. The age-old healing and incense-burning substance can give many people who suffer from rheumatism hope and help.\*

Other experiments, conducted at the University of Tübingen, have also proven that Frankincense can reduce infections. According to pharmacological research, Frankincense has strong anti-inflammatory properties that could make it a natural remedy for inflammation-rooted diseases.\*

## uses

### aromatic

- **Diffuser:** Diffuse during meditation to promote peace and relaxation.\*
- **Direct Inhalation:** Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.\*

### bath

- **Bath:** Add 10 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water for a healing, grounding, and regenerating bath.\*

### internal

- **Internal:** Put 2-3 drops in a veggie capsule, adding carrier oil. Take one capsule one or two times daily, as desired, to support healthy cellular function.\*

### topical

- **Wrists & Feet:** Apply 2 to 4 drops to wrists and/or soles of the feet to support emotional balance and relaxation.\*
- **Perfume/Cologne:** For a safe, healthier alternative to synthetic fragrances, apply 2 to 4 drops on pulse points behind the ears, at the base of the throat, on the wrists, inside the elbows, and behind the knees.\*
- **Massage/Lotion:** Apply 1 to 2 drops on location to assist with inflammation.\*
- **Topical Dilution Guidelines:** Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.
  - **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.\*
  - **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.\*
  - **Pregnancy:** Safe when used as directed starting in the 2<sup>nd</sup> trimester at 3% dilution (15 drops/1 ounce).\*

goDesana

Product Information Page



## application methods

Aromatic • Bath • Internal • Topical

## safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

## properties

*Wildcrafted*

**Producing Organ:** Resin

**Extraction:** Steam Distillation

**Country of Origin:** Somalia

**Main Chemical Constituents:** *α-pinene, limonene, α-thujene*

**Therapeutic Properties:** *Anti-inflammatory, antiseptic, astringent, carminative, cicatrizant, cytophylactic, digestive, diuretic, emmenagogue, expectorant, sedative, tonic, uterine, vulnerary [Julia Lawless, "The Illustrated Encyclopedia of Essential Oils" (Rockport, MA: Element Books, 1995), 97.]*

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*