

# Lavender Frankincense

lavender apothecary blend 10ml

This is a wonderful blending of our wildcrafted Frankincense from Somalia and Lavender from Bulgaria. This blend of essential oils is particularly suited to the skin and has traditionally been used to help with scarring and restoration of tissue. This soothing, anti-inflammatory blend may be added to unscented lotion or body wash. Great to use as an after-sun lotion when mixed with jojoba oil.\*

Lavender is known as a great essential oil for assisting the body with wound healing due to its powerful antiseptic properties.\*

With a history dating back thousands of years, Frankincense is known for its powerful healing and anti-aging benefits. Frankincense is also known to promote skin cell regeneration while keeping the existing cells healthy. It also has astringent properties that can help accelerate the healing of wounds.\*

## uses

### aromatic

- **Diffuser:** Diffuse 10-12 drops in a cool mist essential oil diffuser.\*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale as needed.\*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic bottle. Shake well and mist into the environment as desired.\*

### bath

- **Bath:** Add 8-10 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water.\*

### topical

- **Massage/Lotion:** Mix with your favorite skin care products to boost their anti-aging, skin rejuvenating properties.\*
- **Massage:** Apply a few drops to the back of the neck two or more times daily to help mitigate depression and feelings of helplessness.\*
- **Massage:** Apply 1 to 2 drops on location to assist with inflammation of joints.\*
- **Massage:** Apply to cuts, scrapes, and other skin abrasions to assist with healing and scarring. Apply over minor burns that are not open wounds. If applied immediately, it may assist with blistering.\*

## topical dilution guidelines

Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).\*

- **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).\*

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## application methods

Aromatic • Bath • 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 2<sup>nd</sup> trimester.

## ingredients

*Lavandula angustifolia (Lavender, vera), Boswellia carteri (Frankincense), Cocos nucifera (Fractionated Coconut Oil)*

## 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.*