

FRANKINCENSE

Boswellia carteri

An ancient and spiritual essence

Source:	Somalia
Extraction:	Steam distillation of oleo gum resin (tears).
Blending Factor:	3
Odour Note:	Base

Characteristics:

Frankincense is a pale yellow to amber/green fluid with a warm, pervasive, balsamic, spicy scent and a haunting fragrance with a hint of lemon.

Safety Precautions:

Frankincense is considered nontoxic, nonirritant, and has been shown to be non-sensitising when tested on humans at 8% concentrations. **Some texts advise to avoid use during the first trimester of pregnancy.**

History:

Used by the most ancient civilizations of the Mediterranean and near east where it played an important part in spiritual and cultural life, including sacramental and religious rituals, cosmetics, perfumes, embalming and medicines.

The famous Kyphi, a renowned perfume used by the Egyptians, was based on frankincense. It was used as incense and in beverages and has built up a formidable reputation for its calming, purifying and preservative properties.

Therapeutic Actions:

Antiseptic, astringent, bactericide, calmative, immune stimulant, cicatrisant, sedative, tonic vulnerary.

Enhances:

Balance, calmness, healing, meditation, inner wisdom, spirituality

Reduces:

Insomnia, stress, emotional fragility, respiratory problems

Uses:

Respiratory system: Bronchitis/catarrh, deepen breathing

Nervous system: Anxiety, depression

Mental/emotional: Meditation, spiritual development

Skin: Blemishes, dry and mature complexions, scars, wounds, wrinkles.

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporizers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Blends well with:

Basil, Bergamot, Geranium, Grapefruit, Jasmine, Lavender, Lemon, Myrrh, Neroli, Orange, Patchouli, Pine, Rose, Rosewood, Sandalwood, Vetiver and Ylang Ylang.

Relaxing Blend/ Bath for Men		Meditation - Vaporiser		Stretch Marks blend	
Frankincense	3	Frankincense	2	Frankincense	3
Myrrh	4	Cedarwood	2	Bergamot	4
Orange	3	Mandarin	3	Lavender	3
Total drops	10	Total drops	7	Total drops	10
Carrier oil	20 ml	In Vaporizers		Luxury Massage Blend	20 ml
Or dispersant	5 ml				