

Frankincense Essential Oil

Botanical Name

Boswellia serrata

Strength of Initial Aroma

Mild - Medium

Aromatic Description

Fresh, woody, balsamic, slightly spicy and fruity.

Blends Well With

Historically and commonly paired with Myrrh, however also pairs well with spicy, citrus, and floral oils

Frankincense Essential Oil Uses and Benefits

- Spiritually Grounding
- Anxiety
- Asthma
- Bronchitis
- Extreme Coughing
- Scars
- Stress
- Calming/Relaxing

- Stretch Marks
- Mature Problematic Skin

Sources: www.aromaweb.com Frankincense EO Monograph

Frankincense Essential Oil Safety Information

Tisserand and Young precaution to avoid use of the oil if it has oxidized. Skin sensitization is more likely when using oxidized Frankincense Oil. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 287-289.]

As cited per www.aromaweb.com Frankincense EO Monograph

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete and although we do our best to research our ingredients it is not guaranteed to be fully accurate.