

# Frankincense

*Boswellia Essential Oil 15 mL*

# dōTERRA®

PRODUCT INFORMATION PAGE



**CP** **TG** Certified Pure Therapeutic Grade®

**Application:** **A** **T** **I** **N**

**Plant Part:** Resin from *Boswellia carterii*, *frereana*, and *sacra*

**Extraction Method:** Steam distillation

**Aromatic Description:** Warm, spicy, clean

**Main Chemical Components:**  $\alpha$ -pinene, limonene,  $\alpha$ -thujene

## PRIMARY BENEFITS

- Ingest to support healthy cellular function\*
- Aroma promotes feelings of relaxation
- Helps reduce the appearance of skin imperfections when applied topically
- Supports healthy immune, nervous, and digestive function when taken internally\*

### Frankincense

*Boswellia Essential Oil 15 mL*

Part Number: 30070001

Wholesale: \$69.75

Retail: \$93.00

PV: 69.75



## PRODUCT DESCRIPTION

Renowned as one of the most prized and precious essential oils, Frankincense has extraordinary health benefits.\* In addition to its notoriety in the New Testament, the Babylonians and Assyrians would burn Frankincense in religious ceremonies and the ancient Egyptians used Frankincense resin for everything from perfume to salves for soothing skin. This centuries-old knowledge contributes to the modern uses of Frankincense today. It's soothing and beautifying properties are used to rejuvenate skin and help reduce the appearance of imperfections when applied topically. As the king of oils, Frankincense is known to support healthy cellular, immune, nervous, and digestive function when used internally.\* When inhaled or diffused, Frankincense promotes feelings of peace, relaxation, satisfaction, and overall wellness.

## USES

- Rub Frankincense on your hands after a long day of gardening for a soothing effect.
- Apply topically to help reduce the appearance of skin imperfections.
- Massage on the bottoms of feet to promote feelings of relaxation and to balance mood.
- Take one to two drops in a veggie capsule to support healthy cellular function.\*

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of choice.

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

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

\*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.