

FRANKINCENSE

ESSENTIAL OIL
Cheatsheet

WHAT IS IT?

Frankincense essential oil is steamed distilled resin of the *Boswellia carterii* tree. It can also be from the *Boswellia sacra* tree. These trees are grown in drier areas such as in Somalia or India. This oil is known to have a strong anti-inflammatory and can protect your healthy cells in your body.

RELIEF

- SORE THROAT
- DRY SKIN
- WARTS
- INFLAMMATION
- PAIN
- SEIZURES
- EXCEMA
- HEADACHES
- INDIGESTION

IMPROVES

- WRINKLES
- STRESS
- IMMUNE SYSTEM
- MOOD
- DEPRESSION
- STRETCH MARKS
- SKIN
- ANXIETY
- MEMORY
- MAY BALANCE HORMONES
- MAY IMPROVE FERTILITY
- SLEEP

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REMEDIES

- PAIN - (ADD A FEW DROPS TO THE AFFECTED AREA & SPINE FOR YOUR BACK)
- SORE THROAT - (DAB ON THE SKIN OF YOUR THROAT & ALL AROUND THE NECK)
- DRY SKIN - (APPLY TO THE DRY AREA OF SKIN)
- WRINKLES - (APPLY 3-5 DROPS WITH A CARRIER OIL SUCH AS COCONUT OIL)
- WARTS - (APPLY DIRECTLY TO WART DAY & NIGHT)
- STRESS - (APPLY TO TEMPLES & WRISTS)
- STRENGTHEN NAILS - (ADD 3-5 DROPS WITH MYRRH, LEMON, 2 TABLESPOONS OF VITAMIN OIL & RUB)
- REDUCE STRETCH MARKS - (ADD 3-5 DROPS WITH MYRRH, GRAPEFRUIT WITH A CARRIER OIL)
- SKIN TONER - (APPLY 2 DROPS WITH LAVENDER, GERANIUM TO 8 OUNCES OF WATER)
- HEADACHES - (APPLY TO TEMPLES ALONG WITH LAVENDER)
- ARTHRITIS - (RUB DIRECTLY TO THE AREA WITH COPAIBA)
- INDIGESTION - (ADD 1-2 DROPS TO EIGHT OUNCES OF WATER)