

Frankincense

Boswellia 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I N

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

Extraction Method: Hydro-distilled

Aromatic Description: Warm, spicy, herbal

Main Chemical Components: α -pinene, limonene, octyl acetate

Frankincense | *Boswellia* 15 mL

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Primary Benefits

- + May help support healthy cellular function when used internally*
- + Provides a comforting, uplifting aroma
- + Helps to maintain healthy skin when applied topically

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.

Description

Boswellia trees have been celebrated for centuries. The Babylonians and Assyrians would burn the tree resin in religious ceremonies and for contemplative meditation. The ancient Egyptians used it in perfumes and salves for soothing skin. dōTERRA Frankincense essential oil is a proprietary blend of resins from four species of Boswellia trees, *Boswellia carterii*, *Boswellia sacra*, *Boswellia papyrifera*, and *Boswellia frereana*. Considered the 'king of oils', Frankincense has extraordinary health benefits when used topically or taken internally.* According to pre-clinical research, Frankincense essential oil may promote healthy cellular function when taken internally.† Experimental research suggests internal use of Frankincense, high in α -pinene, may provide soothing effects to the body.* Nourishing and clarifying as an addition to daily skin care, the oil's warm, spicy, herbal aroma creates a relaxing yet uplifting atmosphere.

Because Boswellia species used in dōTERRA Frankincense essential oil grow best in different soils and regions, dōTERRA Co-impact Sourcing® is helping to diversify supply pressure and create future sustainable harvesting solutions.

Uses

- + Diffuse during reflection or meditation.
- + Apply topically or add to cream or lotion to nourish and calm skin.
- + Add a drop to a veggie cap as a part of your daily regimen.

Directions

Aromatic use: Add 3 to 4 drops to the diffuser of choice.

Internal use: Dilute 1 drop in 4 fluid ounces of liquid or take 1 drop in a veggie cap.

Topical use: Apply 1 to 2 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.

†Pre-clinical and experimental studies require additional confirming research. We look forward to the results of these additional supportive studies.

*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.