

# Frankincense



## Product Summary

Frankincense is one of the oldest essential oils and is used primarily in meditation to improve one's inner balance.

## Product Story

Frankincense, *Boswellia carteri*, is also known as “olibanum,” or “oil from Lebanon.” Considered the “holy anointing oil” in the Middle East, frankincense has been used in religious ceremonies for thousands of years. It was well known during the time of Christ and was one of the gifts given to Christ at his birth. Anciently, the Chinese used frankincense as a treatment for a range of ailments. Today, frankincense is still used worldwide for both its ceremonial and medicinal use. Frankincense can be used topically, as a dietary supplement, or diffused.

## Primary Benefits

Frankincense can ease many minor aches and pains, clear the lungs, act as a skin tonic, as well as calm and soothe the whole body and mind. Its sweet, warm, balsamic aroma is stimulating and elevating. Useful for visualizing and improving one's spiritual connection, frankincense has comforting properties that help center the mind and overcome stress and despair. Frankincense also contains sesquiterpenes which stimulate the limbic system of the brain—the center of memory and emotions—and the hypothalamus, pineal, and pituitary glands.

## How To Use

### *Diffuse*

In diffuser therapy, frankincense can be used for congestion and voice loss, as well as to calm the mind, reduce mental strain, cultivate internal peace, and place past obsessive states into perspective.

### *Blend with massage oil or in the bath*

Frankincense can be blended with massage oil or diluted in the bath for circulatory support, respiratory support, exhaustion, and nightmares. It also has a good astringent effect on the skin; perks up older, more mature skin; and may assist the body in healing itself of wounds, sores, and ulcers.

### *Creams and lotions*

Frankincense can be added to a base cream or lotion to help with general skin tone and condition while reducing oily skin, rejuvenating more mature skin, and at the same time helping wounds, ulcers, and sores heal.

### *Wash or use as a compress*

To assist the body in healing and to lessen the appearance of scars from wounds, add a few drops of frankincense to the water when washing a wound. For other applications, apply diluted oil directly onto the affected area or use as a compress.

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## Where Does Young Living Get Its Frankincense Essential Oil?

Young Living has chosen a vendor in northern Africa near the Arabian Peninsula as its primary source for frankincense. D. Gary Young has found the frankincense from northern Africa to be the truest form of Biblical frankincense.

## Did You Know?

- + Frankincense is mentioned in one of the oldest known medical records, Ebers Papyrus, dating from the sixteenth century B.C., and ancient Egyptians listed the oil on hundreds of prescriptions and recipes. Frankincense was valued more than gold during ancient times and only those with great wealth and abundance possessed it.
- + Frankincense trees grow without soil out of polished marble rocks. Deep cuts are made along the tree and the yellow milk-like juice that flows out soon hardens. The frankincense globules are scraped off and distilled for the essential oil. The season for gathering lasts from May until September.