

# Frankincense

Product size: 5 ml | Item No. #32167

Product size: 15 ml | Item No. #32030

Frankincense essential oil has a broad range of uses, from enhancing spiritual and meditative practice to use in beauty routines. Frankincense has an earthy, uplifting aroma that's perfect for grounding and spiritual connectedness. Create a safe and comforting environment by breathing in this oil's empowering aroma, particularly when you are seeking purpose or engaged in prayer or meditation. In addition to elevated spiritual experiences, Frankincense can help you maintain the appearance of radiant skin.

## Key Ingredients

Frankincense essential oil: Earthy, uplifting aroma that is perfect for creating a grounding experience during yoga or meditation.



## Benefits and Features

- Has a sweet, honey-like, and woody fragrance.
- Has a stimulating aroma.
- Promotes the appearance of healthy-looking skin.
- Reduces the appearance of uneven skin tones.
- Promotes feelings of relaxation and tranquillity.

## Directions

Apply topically to desired area. In case of sensitivity, dilute 15 drops in 10 ml of carrier oil.

## Cautions

Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health care professional prior to use.

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## Product Background

Young Living distills Frankincense oil from the resin of *Boswellia carterii* trees located in northern Africa, near the Arabian Peninsula. Frankincense is a key ingredient in many essential oil blends, including Brain Power, Awaken, Highest Potential, and Forgiveness.



## Suggested Use

- Add Frankincense to your moisturiser to highlight your natural beauty and promote the appearance of healthy-looking skin and even skin tones.
- Add a few drops to Young Living V-6® Enhanced Vegetable Oil Complex and use it in a massage after activity.
- Invite elevated spiritual experiences every day by breathing in this oil during meditation.
- Incorporate Frankincense into your yoga ritual by using it to promote feelings of relaxation and tranquillity.

## Ingredients

*Boswellia carterii*\* (Frankincense) oil.

May contain: Limonene\*\*, Linalool\*\*.

\*100% pure essential oil

\*\*Natural constituents of essential oils