



Ice E Oil Essential Oil Data Sheet

Frankincense

Ice E Oil Pure Essential Oil

FRANKINCENSE

Boswellia caterii

ORIGIN

Somalia

PART OF EXTRACT

Resin tears

DISTILLATION METHOD

Steam

COLOR

Clear to Pale Yellow

CONSISTENCY

Thin

NOTE - PERFUMERY

Base

INITIAL AROMA STRENGTH

Strong

AROMA DESCRIPTION

Earthy, Fresh, Herbaceous, Musky,
Resinous

AGE GUIDELINE

2+ years

SHELF LIFE

2 years

DILUTION GUIDELINES

2% (20 drops per 1oz carrier oil)

USED FOR

Antiseptic, Calming, Cellular Health,
Improve Circulation, Diuretic, Emotions,
Decrease Heart Rate, Menstrual Health,
Scar Reduction, Skin Health, Stretch
Mark Reduction

BLENDS WELL WITH

Bergamot, Lavender, California Lemon,
Lime, Sweet Orange, Pine Needle,
Sandalwood, Tangerine

CAUTIONS

May cause skin irritation.

AVOID DURING PREGNANCY & BREASTFEEDING

USE WITH CAUTION DURING PREGNANCY &
BREASTFEEDING

SAFE TO USE DURING PREGNANCY &
BREASTFEEDING

SAFE FOR DOG USE (10+ WEEKS)

Y

NOT SAFE FOR THE FOLLOWING ANIMALS: BIRDS,
CATS, FISH, AND REPTILES

Y

NOT intended to diagnose, treat, cure, and/or prevent any disease or medical disorder. For educational purposes only. NOT intended for internal use. If considering oral consumption seek out the advice of a qualified medical doctor and/or expert, certified aroma therapist. As with all natural supplements it is advised that you inform your medical doctor of the use of this and all essential oils. If going to apply directly to the skin (topical use) it is advised that you perform a small skin patch test to check for sensitivities and refer to suggested dilution guidelines using a carrier oil (ex: fractionated coconut oil, almond oil, jojoba oil, grape seed oil). Keep away from children and pets. This information has NOT been evaluated by Health Canada.

Ice N Fire is dedicated to sourcing 100% pure and natural oils free of pesticides, synthetic fertilizers and herbicide residue.