

[Home](#) > [Essential Oils](#) > Frankincense Oil

10 Health Benefits Of Frankincense Essential Oil

by [Meenakshi Nagdeve](#) last updated - October 08, 2020 Medically reviewed by [Scott Johnson](#)
([AMP](#), [CEEOS](#), [CCMA](#), [CPC](#)) ✓ Evidence Based

The health benefits of frankincense essential oil can be attributed to its properties as an antiseptic, disinfectant, astringent, carminative, cicatrizant, cytophylactic, digestive, diuretic, emmenagogue, expectorant, sedative, tonic, uterine, and a vulnerary substance.

Apart from being used as a cosmetic and a fragrance, frankincense oil has many medicinal uses and health benefits such as reducing stress, boosting immunity, improving skin health, and promoting memory.

What Is Frankincense Oil?

Frankincense oil is extracted from the gum or resin of frankincense or olibanum trees, of the genus *Boswellia carteri*. Common species used to extract essential oil include *Boswellia carterii*, *B. frereana*, and *B. sacra*. The main components of this essential oil (depending on the species and chemotype) are alpha-pinene, octanol, alpha-thujene, octyl acetate, incensole, and incensole acetate.

Frankincense has been a popular ingredient in cosmetics and incense burners for centuries. It has even been found in the remains of ancient Egyptian and Anglo-Saxon civilizations. Furthermore, it is closely associated with religious traditions

and rites, particularly the Christian tradition. ^[1]

Frankincense Essential Oil Health Benefits

Let us look at the most powerful healing benefits of Frankincense oil.

Antimicrobial Properties

Frankincense oil is effective as an antiseptic, and even the fumes or smoke obtained from burning it has antiseptic and disinfectant qualities that eliminate the germs as the smoke filters them out. [According](#) to a 2012 study frankincense oil has antimicrobial properties and may help protect against pathogens. It can be applied to wounds to protect them from tetanus and becoming septic. It is equally good for internal wounds and protects them from developing infections. ^[2] ^[3]

Watch Video: 15 Amazing Benefits Of Frankincense Essential Oil



Improves Oral Health

Frankincense oil is best known for fighting harmful microorganisms. These properties work well for maintaining dental health as well. While it finds wide dental uses in several cultures where it is hailed for its protective properties, a double-blind

randomized clinical trial has found it to be especially useful against gingivitis. The study deems this to be a safe and cheaper medicine that can be used in aid of conventional treatment. [5]

Astringent Property

Frankincense oil is experiencing growing popularity in the world of clean, alternative beauty. While its antimicrobial properties prove useful on the path to clear skin, frankincense oil also works well as an astringent. Moreover, it works at deeper levels for troubled skin thus providing more sustainable results and works especially well for oily skin types. You can make your serum or oil blend at home or can opt for several readily available products in the market. [6]

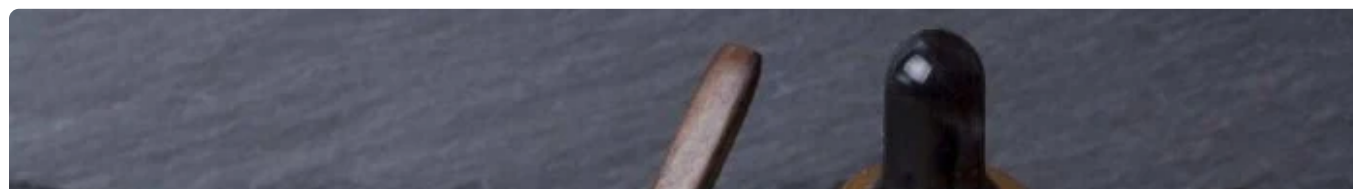
It can help eliminate sun spots, remove micro-wrinkles around the eyes and cheeks, and generally tone and tighten skin all over your body, while simultaneously raiding cell regeneration. [7]

Regulates Menstruation

Frankincense essential oil reduces obstructed and delayed menstruation and delays the advent of menopause. It also helps with other symptoms associated with menstruation and premenstrual syndromes (PMS), such as pain in the abdominal region, nausea, headache, fatigue, and mood swings.

Reduces Scars

This is one of the most interesting properties of frankincense oil. When applied topically or inhaled, it can help the scars and marks of boils, acne, and pox on the skin fade at a much faster rate. This also includes the fading of stretch marks and surgery scars, making it quite useful for pregnant women and new mothers. [8]





Frankincense essential oil is a great perfume. Photo Credit: Shutterstock

Aids Digestion

Fed up with those antacids? You should try frankincense oil instead. This oil has digestive properties without any side effects, and it facilitates digestion the way most medicines should, unlike common antacids which only suppress the symptoms. This oil speeds up the secretion of digestive juices (gastric juices, bile, and acids) in the stomach and facilitates the movement of food through the intestines by [stimulating](#) peristaltic motion. This means an all-around improvement in the digestion of food. [\[9\]](#)
[\[10\]](#)

Reduces Respiratory Issues

It soothes the cough and eliminates phlegm deposited in the respiratory tracts and the lungs. Frankincense essential oil also provides relief from bronchitis and congestion of the nasal tract, larynx, pharynx, bronchi, and lungs. Its antidepressant and anti-inflammatory properties also help relax the breathing passages, which can reduce the [dangers](#) of asthma attacks, and its antiseptic qualities give it the [reputation](#) of being an immune system booster! It also eases body pain, headaches, toothaches, and balances the rise in body temperature [commonly](#) associated with colds. [\[11\]](#) [\[12\]](#) [\[13\]](#) [\[14\]](#)

Frankincense oil is extracted from the gum or resin of frankincense or olibanum trees, of the genus *Boswellia carteri*.

Relieves Stress

Frankincense forms an important part of several rituals in some cultures. It is meant to purify and repel negativity. Interestingly, similar effects are to be observed in frankincense oil. The results of a 2019 animal study found that the oil can easily help lower stress in rats by reducing sleep debt as well as maintaining antioxidant capacity. It was used topically in sleep-deprived rats with jojoba oil as a

carrier. [\[15\]](#)

Keeps Uterus Healthy

Frankincense oil is also very good for uterine health. Since it regulates the production of the estrogen hormone, it reduces the chances of post-menopause tumor or cyst formation in the uterus. It also keeps the uterus healthy by regulating proper menstrual cycles. It regulates gynecologic conditions or stressors that can lead to complicated dysfunctions in certain women. [\[16\]](#)

Speeds up Healing

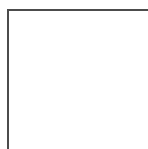
[Simply apply a diluted solution of this oil on wounds](#), or use it after blending with skin cream, and your wounds will heal faster and will also be protected from infections. This oil is equally beneficial in healing internal wounds, cuts, and ulcers. [\[17\]](#)

Other Benefits

Frankincense oil relieves pain associated with rheumatism and arthritis. It helps to heal boils, infected wounds, acne, circulatory problems, insomnia, and various types of inflammation as well. [\[18\]](#)

Word of Caution: There are no known adverse side effects. That being said, frankincense essential oil should not be used during pregnancy and lactation or with medications without physician approval.

Blending: Frankincense [oil blends well with other oils such as lime](#), lemon, orange, and other citrus oils as well as benzoin, bergamot, lavender, myrrh, pine, and sandalwood oil. This makes it a popular element of various aromatherapy combinations.



About the Author

[Meenakshi Nagdeve](#), Co-Founder, Organic Facts is a health and wellness enthusiast and is responsible for managing it. She has completed the [Nutrition And Healthy Living Cornell Certificate Program](#), Cornell University, US. She holds a Post Graduate Diploma in Management from IIM Bangalore and B. Tech in Metallurgical Engineering and Materials Science from IIT Bombay. Prior to this, she worked for a few years in IT and Financial services. An ardent follower of naturopathy, she believes in healing

with foods. In her free time, she loves to travel and taste different types of teas.

Read This Next:

Popular Articles



[12 Proven Health Benefits of Apple Cider Vinegar](#)

Health benefits of apple cider vinegar include its ability to regulate blood sugar levels, boost weight loss, improve skin & gut health, & lower cholesterol levels. [Read more!](#)

[READ MORE](#)



[12 Proven Health Benefits of Dates](#)

Dates are sweet fruits of the date palm tree. The powerful health benefits of dates include providing an energy boost, increasing iron in the body, and aiding digestion.

[READ MORE](#)



[Top 16 Proven Benefits of Ginger](#)

Ginger also helps boost bone health, strengthen the immune system, and increase appetite. This spicy root is also good for mitigating obesity and relief from menstrual pain.

[READ MORE](#)



[Hibiscus Tea: Benefits, How to Make, & Side Effects](#)

Health benefits of hibiscus tea include its ability to control hypertension & reduce high blood pressure, lower blood sugar levels, & improve liver health. [Read more!](#)

[READ MORE](#)



[Calamansi Juice: Benefits, Recipe, and Side Effects](#)

Benefits of calamansi juice include bleaching the skin, detoxifying the body, aiding in weight loss & managing diabetes. This juice also helps in soothing acidity.

[READ MORE](#)

Recent Articles



[Pomelos: Benefits & How To Eat Them \(Pummelo\)](#)

Pomelos are rich in vitamin C & potassium among other nutrients & antioxidants. They improve digestion & heart health, boost immunity, slow aging, and aid in weight loss.

[READ MORE](#)



Is Turmeric Good For Weight Loss

The antioxidant and anti-inflammatory properties of turmeric, mainly due to its compound curcumin, is responsible for weight loss. Curcumin can also limit weight gain.

[READ MORE](#)



Are Rice Noodles Gluten-Free

All rice noodles and rice paper wraps are gluten-free as they are made wholly from rice. There have been rare instances when certain rice noodle brands may contain gluten.

[READ MORE](#)



How To Use Lemongrass

Here is the step-by-step method to use lemongrass. First, you will have to discard the tough outer leaves of the lemongrass stalks by peeling them away with your fingers.

[READ MORE](#)



How To Get Oil Out Of Clothes

How to get oil out of clothes? The excess can be blotted out gently using a tissue. You can use baking soda, chalk, or dishwashing liquid to loosen the stain before a wash.

[READ MORE](#)

© 2021 Organic Information Services Pvt Ltd. Information on this website is for education purpose only. Consult a medical practitioner for health problems. Organic Facts may receive a portion of revenues if you click on the sponsored ads and links by Google, Ezoic, or the Amazon Affiliate program.