

### Frankincense

We, at Meraki Essentials, call Frankincense a "Mystical Potion" as it is one of the most powerful oils to achieve a state of stillness and meditation and to inspire mystical and divine mind state!

Frankincense has an earthy, balsamic, revitalizing & mystical aroma. This oil literally smells divine and has been used through the ages as an offering to God. Traditionally used to drive away bad spirits, Frankincense is considered to be a valuable aid in meditation and prayer.

**Diffusion** may help in: Calming \* Driving away fear, stress and anxiety \* Breaking links to the past, Inspiration to live in the now & appreciate the beauty of the present moment. \* Uplifting mood, balancing and regulating effect in people who suffer from extreme emotions and perpetual restlessness \* Channelizing excessive energy & heightening concentration \* Inducing satisfaction and spirituality \* Awakening insight, introspection, lowers anxiety, anger and stress \* Soothing cough and phlegm deposited in the respiratory tracts

**Massage with Carrier Oils** may help in: Promoting regeneration of healthy cells \* Keeping the existing cells and tissues healthy \* Promoting flow of obstructed and delayed menstruation \* Promoting relief duringmenopausal issues \* Elimination of gas and prevents it from building up in the body \* Faster fading of scars, after marks of boils, acne and pox marks



### How to use Essential Oils?

It is important for a user of Essential Oils to acquire knowledge before using them so as to be able to use them safely and to get desired results. There is plethora of information available on each essential oil, its benefits, and usage, in books and on the internet.

Informed use of essential oils can derive immense benefits to mind, soul & body.

In general, essential oils are used as under:

- \* Blend 20 - 30 drops of an essential oil with 50 ml of carrier oil & massage gently on skin and hair.
- \* Add a few drops to bath water to reap benefits.
- \* Use 4-5 drops of essential oil in water, diffuse & witness wonderful fragrances that bring delight to the mind & soul.

### Be careful not to use higher quantities

**Precautions:** Avoid during pregnancy \* Use sparingly \* Do not use undiluted on skin \* Patch test recommended before use \* May cause allergy to sensitive persons in which case discontinue use immediately \* Avoid contact with eyes & mouth \* Essentials oils are flammable \* Store in a cool & dry place, away from sunlight \* Keep out of reach of children \* Use within three months of opening the bottle \* For external use only \* Not for ingestion

[www.merakiessentials.com](http://www.merakiessentials.com)

Be sure that you are buying  
high-quality pure essential oil.