



## FRANKINCENSE *Carterii* Essential Oil



**Botanical Name:** *Boswellia carterii*

**Main Constituents:**

a-pinene: 40%

**Plant Part:** Resin

**Origin:** United Arab Emirates

**Processing Method:** Steam Distilled

**Kid Safe:** Yes

**Description / Color / Consistency:** A thin, clear, pale yellow to brown liquid.

**Aromatic Summary / Note / Strength of Aroma:** A base note with a medium aroma, Frankincense Essential Oil has a warm and spicy, woody odor, sometimes with a hint of citrus.

**Product Abstract:** Frankincense originates from a small scraggly but hardy tree indigenous to the Middle East, which is small with abundant pinnacle leaves and white or pale pink flowers. The resin begins as a fragrant sticky milky-white liquid that flows from the trunk of the tree when cut. The dried tears are collected, and the resin is then distilled, producing the precious oil. The resin is known as olibanum, derived from the Arabic al-luban or 'that which results from milking', referring to the milky sap. It is used as incense, and has been traded for 5,000 years. Widely used in ancient Egypt, it was one of the ingredients used in the holy oil described in the Talmud. Frankincense was brought back to Europe by Frankish Crusaders (Frank-incense), and the oil is still highly prized today in the perfumery industry, and widely used in the manufacturing of skin-care products.

### Traditional Use of Frankincense *carterii*

There are several species and varieties of Frankincense trees, each producing a slightly different type of resin and essential oil. Differences in soil and climate create even more diversity of the resin, even within the same species.

In general all Frankincense essential oils have many, many benefits to offer.

It is wonderful for the skin. This essential oil is both cicatrisant and cytophylactic. It is skin healing and effective on boils, acne and scarring on the skin as well as to assist stretch marks to fade. Being cytophylactic, it promotes the regeneration of healthy cells and keeps the existing cells and tissues healthy. Also effective as an antiseptic on wounds and cuts. Try using it in a facial cream for wrinkles too.



Great for digestive issues. Frankincense speeds up the secretion of digestive juices and facilitates peristaltic motion. It is also a carminative giving relief from gas and indigestion.

Frankincense is a powerful expectorant and very effective for respiratory issues such as colds, flu, asthma, and other lung issues. Relieves bronchitis and congestion.

For more in depth look at the varieties o Frankincense Essential Oil, please read our blogs.



**Cautions:** Dilute before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.

### **Safety**

Generally non-toxic, non-irritant and non-sensitizing. Always test a small amount first for sensitivity or allergic reaction.

If pregnant or under a doctor's care, consult your physician.

**\*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

**IMPORTANT:** All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).