



## FRANKINCENSE Essential Oil



**Botanical Name:** *Boswellia serrata*

**Main Constituents:**

a-Thujene: 62.82%

**Plant Part:** Resin

**Origin:** India

**Processing Method:** Steam Distilled

**Child Safe:** Yes

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

**Aromatic Summary / Note / Strength of Aroma:** A base note with a medium aroma, *Boswellia serrata* has a warm and spicy, woody odor that is haunting, but milder than Frankincense from Somalia.

**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.

Frankincense is a tree resin that has been used and valued since ancient times for its medicinal, cosmetic, aromatic and spiritual applications. In Christianity, Gold, Frankincense and Myrrh were the gifts given to the baby Jesus by the three wise men.

Frankincense Essential Oil is distilled from the resin. The essential oil tends to smell sweeter, cleaner and fresher than the resin, and more people prefer the aroma of Frankincense Essential Oil to that of the resin when it is being burned as incense.

Frankincense Essential Oil is used most often for spiritual, perfumery and incense /room fragancing applications, but it is useful as an expectorant and sometimes is used in respiratory and cough formulations.

There are several species of Frankincense, and very generalistically, they all share similar therapeutic and aromatic properties.



To learn more about the different Frankincense Oils, 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](#).