



Frankincense Essential Oil

Timeless and treasured, Frankincense Essential Oil – *Boswellia serrata* has been revered for thousands of years across cultures. Extracted from the resin of the *Boswellia serrata* tree native to India, the resin is gathered as a milky-white liquid that hardens into fragrant tears, which are then carefully steam-distilled to create the aromatic oil that is steeped in tradition.

Historically, Frankincense has played a vital role in rituals, perfumery, and traditional wellness practices. Today, its versatility makes it a popular choice in aromatherapy, skin care formulations, and even household applications. With its warm, grounding aroma and gentle properties, this essential oil is a staple for creating a calm, inviting atmosphere while contributing to healthy-looking skin.

Botanical Name: *Boswellia serrata*

Plant Part: Resin

Main Constituents: Alpha-Pinene: 25%

Origin: India

Processing Method: Steam Distilled

Color/Consistency: A clear, thin liquid with a pale-yellow hue.

Aromatic Summary / Note / Strength of Aroma: A base note with a medium aroma, offering a warm, woody, and slightly earthy scent.

Blends Well With: Bergamot, Cedarwood, Geranium, Lavender, Myrrh, Patchouli, Sandalwood, and Vanilla.

BENEFITS

Sacred Aroma: Warm, woody, and slightly earthy, Frankincense *Boswellia serrata* Oil is believed to promote a sense of tranquility, making it a staple during meditation and spiritual practices.

Air Purifier: The *Boswellia serrata* variety of Frankincense Essential Oil removes stagnant air, refreshes the environment, and helps to deodorize and cleanse the air and surfaces.

Skin Soother: Frankincense was traditionally used to alleviate redness and replenish dryness. Today, this resinous essential oil is a staple in skin care due to its ability to promote smoother, more even-looking skin.

Focus Enhancer: When used in aromatherapy, the calming aroma of Frankincense (*Boswellia serrata*) is also believed to enhance concentration and focus during tasks or mindfulness practices.

Relaxation Remedy: Along with promoting mental clarity, Frankincense is ideal for creating a peaceful atmosphere for unwinding after a long day.

DIRECTIONS AND USES

- **Tranquil Spaces:** Diffuse 3–5 drops of Frankincense Essential Oil to create a serene environment ideal for focus, relaxation, or mindfulness.
- **Relaxing Bath:** Add 5–7 drops to a warm bath for a soothing soak that promotes rejuvenation.
- **Skin-Nourishing Blend:** Combine 1–2 drops of Frankincense Essential Oil with 1 tablespoon of your favorite carrier oil for a gentle facial serum. Perform a patch test before applying.
- **Natural Home Freshener:** Blend 10 drops of Frankincense Essential Oil with water in a spray bottle to refresh linens, rooms, or car interiors.
- **DIY Cleaning Solution:** Mix 10 drops of Frankincense Essential Oil, 10 drops of Lemon Essential Oil, and 1 cup of baking soda to create a natural cleaning powder for countertops and surfaces.

Size & Price: Contact Us