

FRANKINCENSE

BOSWELLIA CARTERII

Country of Origin: USA

Steam distilled from resin

Frankincense (*Boswellia carterii*) is a steam-distilled oil drawn from the resin of the tree, valued for its deep aroma and its broad affinity for the nervous system, skin, and overall system regulation. Naturally rich in compounds such as alpha-pinene and limonene, it carries a stabilizing, restorative character known for supporting emotional balance, calming the mind, and promoting a more centered, steady state.

Its aroma is warm, woody, and slightly balsamic with a soft, diffusive quality that settles rather than stimulates. It is often used when the system feels overstimulated, scattered, or depleted, or when deeper restoration and recalibration are needed.

In both aromatic and traditional use, frankincense has been regarded as a foundational oil, supporting emotional grounding, skin health, and overall system resilience. It works with depth and subtlety, helping restore balance, encourage repair, and bring a more stable, composed state to mind and body.

FUNCTIONAL CONSTITUENTS

Alpha-Pinene A dominant monoterpene in frankincense, alpha-pinene contributes to its fresh, slightly green top note. Alpha-pinene is associated with supporting a healthy inflammatory response, respiratory function, and overall system resilience, while also promoting a clear, steady mental state.

Limonene A bright monoterpene that adds a subtle lift to frankincense's deeper resinous base. Limonene is known for its cleansing and antioxidant properties, supporting cellular health and helping create a more balanced, refreshed internal environment.

Alpha-Thujene Present in smaller amounts, alpha-thujene contributes to the oil's grounding, resinous character. It is associated with antimicrobial support and helps round out the oil's stabilizing and protective profile.

Clinical Studies: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9268443/>
<https://pubmed.ncbi.nlm.nih.gov/27117114/>
<https://pubmed.ncbi.nlm.nih.gov/12244881/>



HOW WE SOURCE

Frankincense oil is shaped by the quality of the resin and the conditions in which the trees grow. We look for *Boswellia carterii* thriving in dry, rugged environments where slow growth produces resin with depth and complexity.

The resin is carefully harvested, then steam distilled to preserve its volatile compounds. Because frankincense develops character over time, proper collection and handling are essential. We look for oil that is warm, resinous, and well-balanced, never thin, sharp, or lacking depth.

OUR FRANKINCENSE IS:

- ✓ Steam distilled from natural resin
- ✓ Unrefined and not standardized
- ✓ Wildcrafted from mature trees
- ✓ Slowly developed for depth and balance
- ✓ Warm, resinous, and softly diffusive

We look for oil that carries a deep, grounded aroma with subtle lift, an indicator of proper resin quality and careful distillation. Thin, sharp, or overly flat oil suggests poor sourcing or handling, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Warm, resinous aroma*
- Soft, diffusive character*
- Balanced depth with subtle lift*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Thin or weak scent*
- Overly terpenic top notes*
- Adulterated or extended oil*
- Clear or plastic packaging*

HOW TO USE FRANKINCENSE

Frankincense is commonly used when the goal is calming the nervous system, supporting skin health, and restoring overall balance. It fits easily into aromatic, topical, and occasional internal use.

Aromatic

Diffuse 2–4 drops or inhale directly. Often used to settle the mind, reduce tension, and support a calm, steady state.*

Internal

Use sparingly in a capsule with a carrier (1 drop). Commonly used to support overall system balance and healthy inflammatory response.*

Topical

Dilute with a carrier oil and apply to face, neck, or areas of concern. Often used to support skin tone, recovery, and overall skin health.*

Bath

Add 3–5 drops to bath salts before dispersing in warm water. Often used to relax the body and support deeper physical and mental reset.*

WHAT IT SUPPORTS

Frankincense is traditionally used when the goal is calming the nervous system, supporting skin repair, and restoring overall system balance. It supports:

- Emotional balance and nervous system regulation*
- Calm, steady breathing and relaxation*
- Skin tone, recovery, and overall skin health*
- Healthy inflammatory response*
- Cellular resilience and overall system balance*

Used consistently, it helps the body feel more grounded, supported, and resilient—promoting calm, repair, and long-term balance across multiple systems.

FRANKINCENSE IN THE STILLROOM

Frankincense has long been kept in the stillroom as a centering, restorative oil to be used when the system feels scattered, depleted, or out of balance. Distilled from the resin of *Boswellia carterii*, it is associated with calming the mind, supporting steady breathing, and restoring a more grounded, regulated state.

It is often reached for during periods of stress, fatigue, or recovery. This is not a fast-acting or forceful oil. It works with depth, helping settle the nervous system and support gradual repair. Used in small amounts, it encourages a more composed, resilient state without overstimulation.

MORE WAYS TO USE FRANKINCENSE

Daily Face Oil

Add 1–2 drops to your moisturizer or carrier oil. Commonly used to support skin tone, hydration, and overall complexion.*

Pulse Point Reset

Apply diluted to wrists, temples, or behind ears. Often used to settle the mind and restore a steady, centered state.*

Post-Shower Application

Apply to damp skin after bathing. Commonly used to support absorption and overall skin health.*

Quiet Focus Time

Diffuse in short intervals during reading or reflection. Often used to reduce mental noise and support calm focus.*

Recovery Blend

Combine with a carrier oil and apply to areas of strain or tension. Often used to support comfort and a healthy inflammatory response.*

CAUTIONS

- Safety Group 2: Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.


ZILARA

FRANKINCENSE

boswellia carterii

STEAM DISTILLED • USA

Directions: For internal use, dilute 1 drop in 4 fl. oz. of water. For topical use, dilute with carrier oil and apply to desired area. For aromatic use, drop up to 10 minutes per hour.

Supplement Facts

Servings Per Container: About 200

Amount Per Serving %DV

1 drop 60mg

Frankincense

Boswellia carterii from USA, steam distilled and standardized to contain 60% boswellin

Caution: Keep out of reach of children. Avoid contact with mucous membranes. If irritation occurs, discontinue use. Store in a cool, dark place. This product is not intended to diagnose, treat, cure, or prevent any disease.


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