

FRANKINCENSE

boswellia carteri

10ml

*HB*Naturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Topical

properties

Wildcrafted

Producing Organ: Resin

Extraction: Steam Distillation

Country of Origin: Somalia

Safety Group: #2

Main Chemical Constituents: α-pinene, limonene, α-thujene

Therapeutic Properties: Anti-inflammatory, antiseptic, astringent, carminative, cicatrizant, cytophylactic, digestive, diuretic, emmenagogue, expectorant, sedative, tonic, uterine, vulnerary [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 97.]

responsible cautions

- Non-toxic, non-irritant, and non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

"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.

product summary

Frankincense trees grow in rocky, desert-like soil. They are seldom more than 20 feet tall, and some have bizarre shapes. Each tree has its own personality. Everything about them is a testimony to the unforgiving sun of this land. They chose a location where the mountains provide protection from the wind, and mountain dew is the only moisture they receive. Average rainfall must be below 4 inches in order for them to thrive.*

Frankincense trees are also particular about the conditions of the soil. They grow only in the so-called Frankincense belt, a strip of land about 9 miles wide, where lime deposits in the soil contain very specific combinations of minerals. The trees prefer the rocky slopes along the edge of the dry river beds. The Frankincense tree native to this area, *Boswellia carteri*, is named for the Edinburgh botanist Johann Boswell and the English ship physician H.J. Carter, who, in 1846, were the first to describe the Frankincense tree in detail. Of the some 25 different kinds of Frankincense that exist, only the following three are now available*:

- *Boswellia sacra*, from South Arabia, called "Buchur" there*
- *Boswellia carteri*, from Somalia and Oman*
- *Boswellia serrata*, from India, called "Common Myrrh" there*

In the last few years, Western science has become aware of the ability of Frankincense to lessen the pain caused by rheumatism. A study conducted at the University of Munich was able to prove the effects of Frankincense on joint pain. The age-old healing and incense-burning substance can give many people who suffer from rheumatism hope and help. Other experiments, conducted at the University of Tübingen, also have proven that Frankincense can reduce infections.*

According to pharmacological research, Frankincense has strong anti-inflammatory properties that could make it a natural remedy for inflammation-rooted diseases.*

Uses

- Add 10 drops to ½ cup Pink Himalayan or Dead Sea Bath Salts and mix into warm bath water for a healing, grounding, and regenerating bath.*
- Apply 1 to 2 drops on location to assist with inflammation.*
- Put 2-3 drops in a veggie capsule, adding carrier oil. Take capsule one or two times daily, as desired, to support healthy cellular function.*
- Apply to the soles of the feet to support feelings of relaxation and to balance the mood.*
- Diffuse during meditation to promote peace and relaxation.*
- Apply 10-15 drops on the absorbent inner core of a nasal inhaler, cap the bottom, and inhale as needed.*

Myrrh

commiphora myrrha 10ml

The use of Myrrh is documented in ancient Egypt, in the Bible, and in Greek and Roman texts. The healing benefits have been historically regarded as more precious than Frankincense.*

Myrrh is powerfully anti-viral, anti-inflammatory, and due to its antibacterial qualities, helps to prevent infection, clear toxins, and promote tissue repair. It is often used on wounds that are slow to heal, weepy eczema, and athlete's foot.*

Psychologically, Myrrh is believed to enhance visualization, provide relief from worry and over-thinking, enhance deep connectivity to one's spirituality, and act as a meditative aid. It is particularly valuable for people who feel stuck emotionally or spiritually and want to move forward in their lives.*

USES

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser in 15 minute intervals throughout the day.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale as needed.*

bath

- **Bath:** Add 8 to 10 drops to ½ cup Pink Himalayan or Dead Sea salt and add to a warm tub of water.*

internal

- **Beverage:** Add one drop to 1 tablespoon of honey and stir into warm water for a soothing tea.*
- **Feminine Hygiene:** Create a douche with 5 drops in 6 ounces of water. Shake well, rinse vaginally.*
- **Gargle/Mouthwash:** For a therapeutic gargle and mouthwash, add 10 drops to 6 ounces of water, shake well. Useful in healing canker sores and mouth ulcers, as well as gum disease.*
- **Internal:** Use 2 to 3 drops in a veggie capsule with carrier oil to reduce overgrowth of candida.*

topical

- **Lotion/Massage:** Add a few drops to lotion or carrier oil and use to moisturize and support healthy skin.*
- **Massage:** Dilute with carrier oil and use for a relaxing massage.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.*

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Product Information Page



application methods

Aromatic • Bath • Internal • Topical

safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

properties

Wildcrafted

Producing Organ: Resin

Extraction: Steam Distillation

Country of Origin: Ethiopia

Main Chemical Constituents: Heerabolene, limonene, dipentene

Therapeutic Properties: Anticatarrhal, anti-inflammatory, antimicrobial, antiphlogistic, antiseptic, astringent, balsamic, carminative, cicatrizing, emmenagogue, expectorant, fungicidal, revitalizing, sedative, stimulant (digestive, pulmonary), stomachic, tonic, uterine, vulnerary

responsible cautions

- Not for use during pregnancy.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
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