



Frankincense Essential Oil

by

The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Frankincense Essential Oil

Frankincense has a wonderful sweet woody fragrance which along with its fantastic anti-aging properties makes it perfect for adding to skincare products.

About Frankincense

Frankincense is one of the most sacred essential oils whose sweet woody scent is often associated with the aroma of incense used in churches. This lends itself to being a deeply spiritual oil with calming effects on the nervous system due to its sedative properties making it beneficial for calming anxiety and inducing a relaxed and restful sleep.

Frankincense is particularly beneficial when added to skincare, particularly for mature skin where its regenerative properties help to revitalise the skin and helps to prevent wrinkles.

As if that wasn't enough it also has excellent anti-inflammatory properties making it a good choice to use after a workout to ease sore and aching muscles and to ease the pain and discomfort associated with conditions such as arthritis and rheumatism.



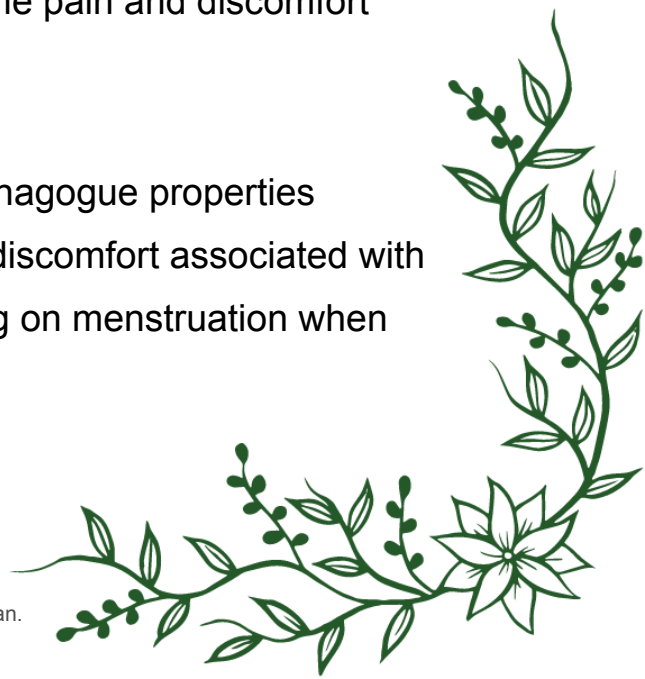
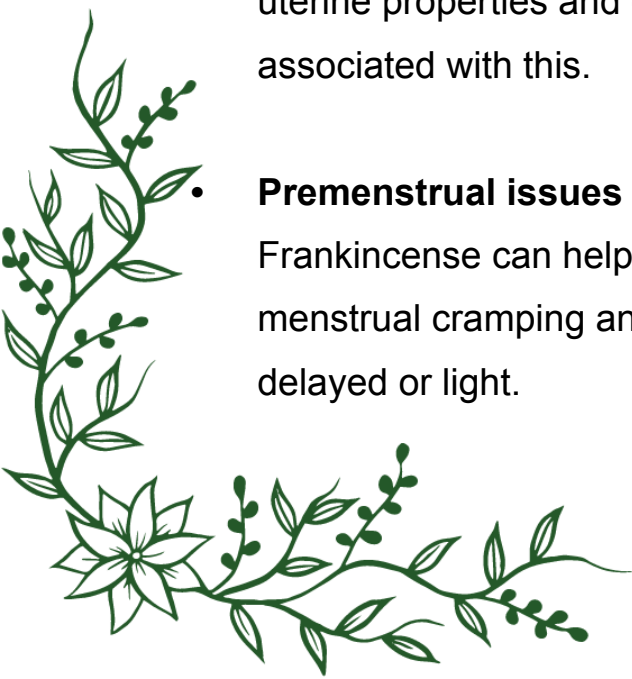
Healing Properties Frankincense Essential Oil

Frankincense essential oil has the following healing properties:

Properties

Antiseptic, astringent, carminative, cicatrisant, cytophylactic, digestive, diuretic, sedative, uterine, emmenagogue, tonic and vulnerary.

- **Muscle and joint issues** – Due to its anti-inflammatory properties it is great for relieving tired aching muscles and pain and discomfort associated with conditions such as arthritis and rheumatism.
- **Respiratory tract infections** – As an expectorant it is excellent for soothing respiratory tract infections such as bronchitis, asthma, coughs, colds and chest infections.
- **Digestion/Gut health** - Due to its carminative, digestive and diuretic properties Frankincense is excellent in soothing and calming digestive conditions and for improving gut health.
- **Urinary tract infections** – Frankincense is beneficial in relieving symptoms related to urinary tract infections due to its diuretic and uterine properties and can calm and soothe pain and discomfort associated with this.
- **Premenstrual issues** – Due to its emmenagogue properties Frankincense can help to ease pain and discomfort associated with menstrual cramping and also help to bring on menstruation when delayed or light.



- **Anti-aging** – As a cicatrisant Frankincense has excellent cell rejuvenating properties that can help to stimulate new cell production and help improve the appearance and texture of the skin, it is particularly good when added to skincare products for dry and maturing skin.
- **Emotional trauma** - This is a most effective oil for people suffering from emotional trauma.
- **Insomnia** – Due to its sedative properties Frankincense is a good oil to include in a bedtime routine or added to a soothing bath before bed to help induce a relaxed state of both mind and body and enable a restful night's sleep.



Ways to use Frankincense Essential Oil

Diffuse

- Frankincense essential oil can be used in diffusers or oil burners. Using Frankincense essential oil in this way is particularly beneficial in relieving inducing a state of relaxation and well-being, releasing stresses of the day and daily life.

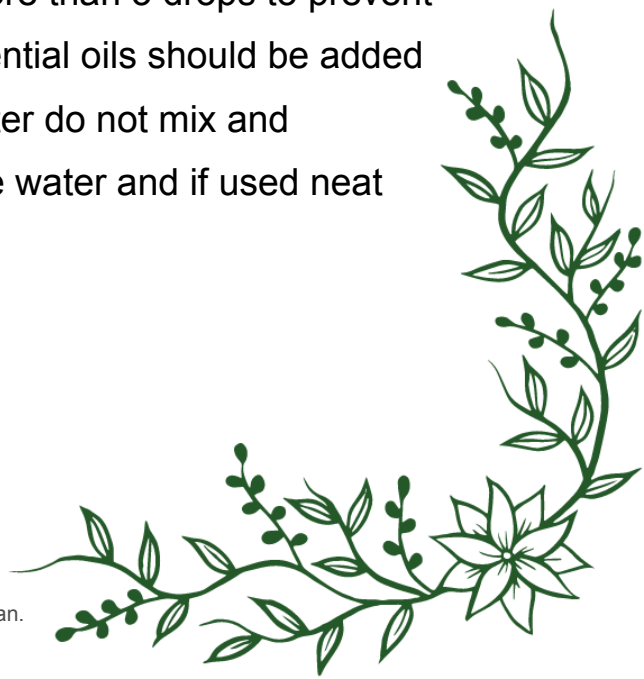
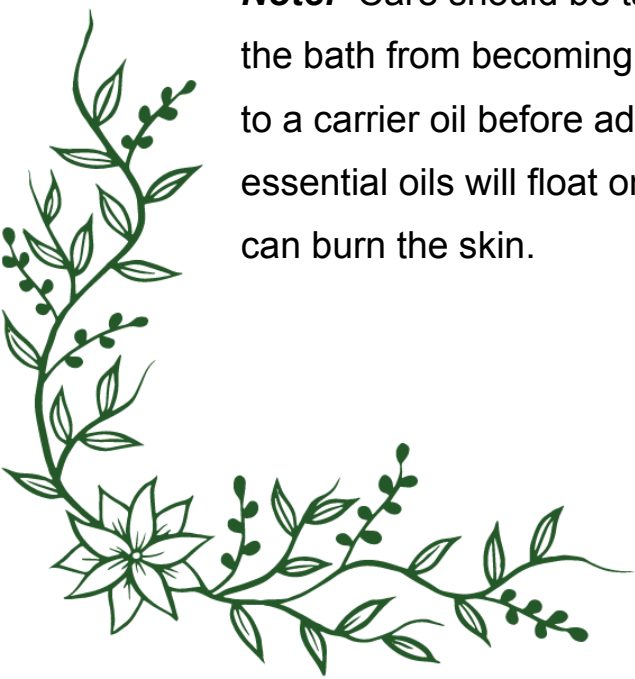
Diffuse 1 - 3 drops of Frankincense essential oil in an oil burner or diffuser.

Bath

- Frankincense essential oil can be added to a warm bath to relieve muscle aches, arthritis and menstrual pains. It is excellent for moisturising dry skin. It can also be a great way to relax and unwind and ease into a good night's sleep due to its calming and sedative properties.

Add 1 - 3 drops of Frankincense essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Cream

- Adding a few drops of Frankincense to a base cream is a great way of harnessing Frankincense's antiseptic properties to treat minor cuts and scrapes. It's particularly beneficial for dry or maturing skin and can make an excellent anti-aging moisturiser.

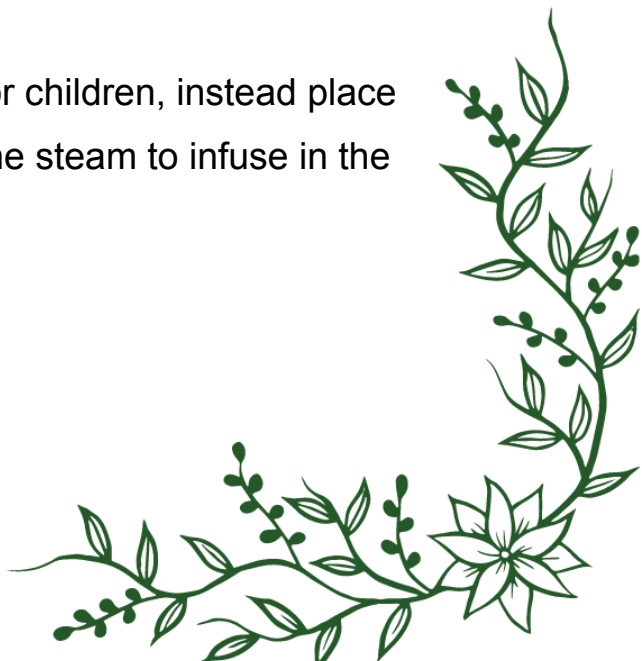
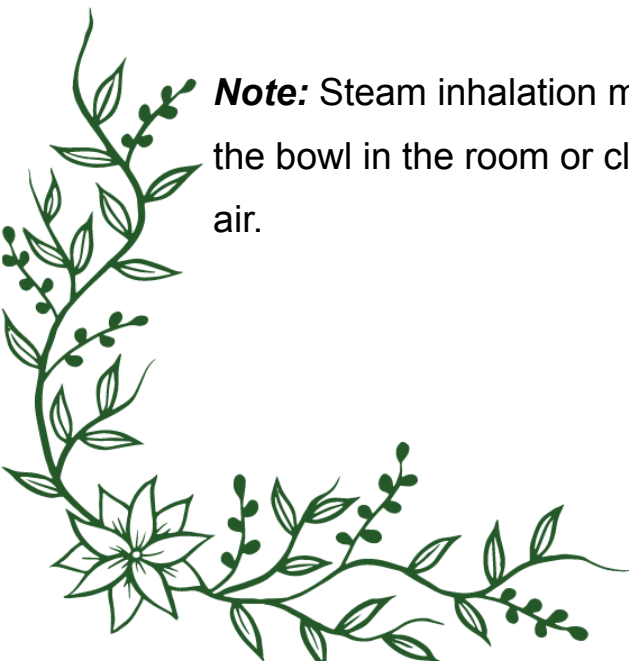
Add up to 12 drops of Frankincense essential oil to 30 ml of base cream.

Inhalation

- Inhaling Frankincense essential oil is effective in helping to relieve symptoms associated with asthma and respiratory tract infections such as colds and bronchitis, coughs. Steam inhalation helps to clear congestion in your head, nose and chest.

Simply use 1 -3 drops of Frankincense essential oil in a bowl of hot water, place a towel or blanket over your head and shoulders to enclose your head over the bowl and inhale for 5 – 10 minutes.

Note: Steam inhalation may be too strong for children, instead place the bowl in the room or close by and allow the steam to infuse in the air.



Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles. Frankincense is a perfect oil for use in massages due to its relaxing and sedative properties as it can induce a relaxed state.

Adults - up to 7 drops of Frankincense essential oil in 1 tbsp of carrier oil.

Children over 2 years old - up to 3 drops of Frankincense essential oil in 1 tbsp of carrier oil.



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Frankincense goes particularly well with oils such as:

- Lime
- Lemon
- Wild Orange
- Cypress
- Lavender
- Geranium
- Rose
- Sandalwood
- Ylang Ylang
- Clary Sage



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Frankincense should not be used by pregnant women due to its emmenagogue properties which may induce menstruation.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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