



ORGANIC ESSENTIAL OIL

SUSTAINABLY SOURCED
IN SOMALIA.

15ml | 10ml Touch

£76 | £48

Plant Part:Resin from *Boswellia*
carterii, *frereana* and *sacra*.**Extraction Method:**

Steam distillation

Aromatic Description:

Warm, spicy, clean

Health Benefits

- Can help reduce stress
- Can help reduce the appearance of skin imperfections
- Aroma promotes feelings of relaxation
- Can help support healthy immune, nervous, and digestive function

FRANKINCENSE

*Boswellia***PRODUCT DESCRIPTION**

Renowned as one of the most prized and precious essential oils, Frankincense has extraordinary health benefits. It's soothing and beautifying properties are used to rejuvenate skin and help reduce the appearance of imperfections when applied topically. As the king of oils, Frankincense is known to support healthy cellular, immune, nervous, and digestive function when used internally. When inhaled or diffused, Frankincense promotes feelings of peace, relaxation, satisfaction, and overall wellness.

doTERRA founded a Co-Impact Sourcing Initiative, for protecting the harvesting families in Somalia as well as setting up the Healing Hands Foundation which provides the children of these families with schools.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil if you have sensitive skin.

EXAMPLES OF USES

- Rub Frankincense on your hands after a long day for a soothing effect.
- Apply topically to help reduce the appearance of skin imperfections.
- Massage on the bottoms of feet to promote feelings of relaxation and to balance mood.
- Take one to two drops in a veggie capsule to support healthy cellular function.