

*The Mystic Owl Apothecary*  
*Essential Oil Profile Sheet*

**Frankincense Essential Oil**

Botanical Name: Boswellia Serrata

Plant Part: Resin

Extraction Method: Steam Distilled

Origin: India

Color: Colorless to pale yellow clear liquid.

Consistency: Medium

Note: Base

Strength of Aroma: Medium

Aromatic Scent: Frankincense Essential Oil has a rich woody, earthy scent with a deeply mysterious nuance.

Blends well with: geranium, lavender, orange, vetiver, bergamot, lime, lemon and basil.

Common Uses:

Anxiety, asthma, bronchitis, extreme coughing, scars, stress, stretch marks. There is a great deal of risky and inaccurate information being propagated about the applications of Frankincense Essential Oil in cancer treatment and prevention. For more information, read "Frankincense Oil and Cancer in Perspective" by essential oil expert Robert Tisserand.

Cautions:

Frankincense Essential Oil is non-toxic, non-irritant and non-sensitizing.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

