



FRANKINCENSE

ESSENTIAL OIL

INTENDED BENEFITS:

- Relaxation, Sleep Aid, & Meditation
- Internal Scarring
- Emotional Balance, Anti-Anxiety, & Antidepressant
- Respiratory Support
- Immune System Support
- Wound Healing, Scar Reduction, & Nourish Skin



Ingredients: 100% guaranteed Boswellia Carterii

USE SUGGESTIONS

When using topically, ** begin by applying with a carrier oil and then apply neat if the body responds well and no sensitivities arise.

- **RELAXATION/SLEEP/MEDITATION:**
Diffuse, add to bath or bath salts, or apply to wrists, shoulders, temples, and feet.
- **INTERNAL SCARRING:**
Application to skin near area of external or internal injury may aid in healing or support surgery recovery.
- **EMOTIONAL BALANCE/ANXIETY/DEPRESSION:**
Diffuse or apply topically.
- **RESPIRATORY SUPPORT/COUGH/COLD/CONGESTION:**
Add to hot water and inhale steam to promote easier breathing.
- **IMMUNE SUPPORT:**
Diffuse for antimicrobial and anti-inflammatory effects. Adding to massage oil may strengthen body against pathogens.
- **SKIN/WOUND HEALING:**
Combining with CS Muscadine Oil (carrier oil) or moisturizer and applying to wrinkles, discolorations, and blemishes may nourish skin and even complexion.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Individual results may vary.

**Always perform a patch test on the skin before application the first time.

