

Yarra Valley Body Balms

HEALING QUALITIES OF FRANKINCENSE – Frankincense Olibanum

The calming and gentle essence of Frankincense has a long and rich history; in fact, it has been used over millennia in spiritual rituals and is still used today for various religious practices.

Frankincense carries a resinous and earthy aroma that is mingled with spicy undertones; it can also have a more balsamic, sweet and fruity essence, depending on the variety of oil purchased. I usually purchase my Frankincense from Australian Wholesale Oils.

Frankincense Oil is best known for its ability to clear and focus the mind, making it one of the best essential oils for meditation. In addition to its pleasantly balanced aroma, the benefits of Frankincense Essential Oil are incredibly versatile, perhaps this is why it is one of the world's most popular essential oils.

- Frankincense Oil is primarily known as a powerful healing oil, encouraging minor wounds and skin infections to heal.
- The benefits of Frankincense Oil are also known to strengthen the immune system whilst easing respiratory related illnesses such as bronchitis, congestion, and asthma.
- There are many Frankincense Essential Oil benefits when it comes to skincare. Rich in antioxidants, Frankincense is known to reduce the appearance of blemishes, wrinkles, stretchmarks and scars, and is a powerhouse when it comes to anti-aging benefits such as promoting collagen production & healthy cell regeneration.
- It is also known to help balance our skins sebum production, particularly helpful for those with oily or acne prone skin.
- With anti-inflammatory and analgesic properties, Frankincense can help to ease pain and discomfort associated with inflammation, sore joints & muscles, osteoarthritis and rheumatoid arthritis.
- Therapeutically, Frankincense Oil is known to calm and comfort those who are feeling anxious, stressed, or nervous. Because of this, it can be very helpful for those struggling with insomnia and sleeplessness.
- Also helpful for the office or when studying, Frankincense is often used to provide focus and concentration to those with brain fog.

Frankincense Oil Key Benefits:

- Extremely versatile
- Helps promote speedy wound healing
- Analgesic and anti-inflammatory
- Anti-anxiety properties

- Acts to calm nerves & clear the mind
- Known to improve feelings of stress & anxiety
- Helps strengthen immunity to combat colds and flu
- May relieve respiratory issues: asthma, bronchitis, coughing
- Powerful antioxidant properties: anti-aging skin benefits
- Effectively nourishes and balances oily and acne-prone skin
- May alleviate skin blemishes, wrinkles and stretchmarks
- Promotes collagen production & skin cell regeneration
- Help to ease pain & inflammation
- May reduce pain associated with arthritis
- Beneficial for those with insomnia or sleeplessness
- Promotes focus, concentration & a clear mind

Frankincense Therapeutic Properties:

Anti-anxiety, Anti-inflammatory, Analgesic, Antioxidant, Antibacterial, Anti-fungal, Respiratory Aid, Immune Support, Relaxant, Antiseptic

Frankincense General Uses:

Aromatherapy, Meditation & Yoga, Religious Ceremonies, Skincare, Personal Care, Health Support

Frankincense Emotional Benefits:

Balancing, Calming, Grounding, Meditative, Relaxing, Spiritual

Frankincense Blends Well With:

Basil, Cinnamon, Clary Sage, Mandarin, Myrrh, Mint, Vetiver and Ylang Ylang.