

# FRANKINCENSE

*Boswellia carteri*

**Aromatic molecules** :limonene,  $\alpha$ -pinene,  $\beta$ -myrcene,  $\beta$ -caryophyllene

**Distilled organ** :oleoresin

The best quality of this with history loaded essential oil is found in Yemen, the land of the Queen of Sheba. It is used in fumigation in many ritual ceremonies, the aromatherapist uses it for its healing and anti-fungal properties and to enhance meditative state. Note that the word incense is nowadays incorrectly used for a lot of burning products.

## Traditionally known for its properties

• anti-fungal • healing • average antibacterial • enhances spiritual elevation • antidepressant

## Professional advice

- external : 3 drops CTEO and 2 sesame oil local on the solar plexus, coronal chakra or along the spine, for meditation; on the skin fungal infection according to the case. Reapply as needed.

++++ Highly recommended - (!) Use with caution

Oral use    Use on skin    Air diffusion    Inhalation Aerosol

-            +++++            +++++            -

## Useful information

unless medical or pharmaceutical advice, not to use during the pregnancy and breast feeding and in the child of less than 3 years.

## Traditional indications

- air diffusion to improve spiritual elevation +++++
- atonic scars and wounds, ulcers +++
- skin and nail fungal infections +++
- palliative care +++++

## Special precautions

- keep out of reach of young children
- does not replace a balanced diet and a healthy lifestyle
- do not exceed the recommended dose
- unless medical or pharmaceutical advice, not to use during the pregnancy and breast feeding and in the child of less than 3 years
- keep out of heat and light

**PRANARÔM**   
aromatherapy

*Aromatherapy and information about it should never be used to replace a doctor's visit.*

[www.aromax.fi](http://www.aromax.fi)