

HOW TO USE FRANKINCENSE OIL:

NEAT: (Undiluted)

ITCHY SKIN: Apply for relief

WART: Apply to wart 2-3 times daily until it is gone. *May take a couple of weeks

INSECT BITES: Rub in for relief

BRITTLE NAILS: Apply 1-2 drops on nails to strengthen them

CYST: Rub 1-2 drops on to cyst, 2-3 times daily will help clear it up

IMPROVE CONCENTRATION: Rub 1-2 drops on temples or on back of neck

MASSAGE BLEND: (Mix 5 drops with 2 TBSP carrier oil)

SKIN ISSUES: Massage on to help with dermatitis, acne, wrinkles, scars, cuts, wounds, & stretch marks

INFLAMMATION: Apply to affected area to decrease

OSTEO & RHEUMATOID ARTHRITIS: Massage in for relief

ANTI AGING NEEDS: Massage on to face each day for full effect

STRENGTHEN IMMUNE SYSTEM: Massage on soles of feet each day

DISINFECTING PAIN RELIEVER: Massage on to burns, rashes, cuts, scrapes, & scratches for relief

JOINT & MUSCLE PAIN: Massage on to affected area for relief

GAS & BLOATING: Massage on to stomach to help these problems

STRESS: Massage on to temples to relax

INCREASE VISUAL ACUITY: Massage around eye area, and on cheek and brow bones for a boost

BATH: (Mix 3-5 drops in 1 TBSP honey or 1 C of epsom salts)

DISSOLVE IN WARM BATH WATER

Decrease inflammation

Strengthen the immune system

Relieve joint and muscle pain

Uplift mood

DIFFUSE: (2-3 drops in diffuser for 2-3 hours a day)

CAN HELP WITH:

Antidepressant

Promote peace, calmness, and relaxation

Uplift mood

INHALATION: (Put 2-3 drops on a tissue)

ASTHMA: Breathe in deeply for relief

LUNG SUPPORT: Inhale to boost this organ's abilities

CALMING: Breathe in to help reduce stress

INGESTION:

Mix 1 drop in 1 tsp of honey and take daily to help maintain good health

OTHER:

Put 2-3 drops on wash cloth in shower and run over body before the final rinse. This will be refreshing and relaxing.