



Frankincense (*Boswellia carterii*) Essential Oil Benefits and Uses

Overview Frankincense essential oil, steam-distilled from the resin of the *Boswellia carterii* (also spelled *carteri*) tree, originates mainly from Somalia and Ethiopia. It has a warm, balsamic, resinous, woody aroma with subtle citrusy and spicy notes. Revered for thousands of years in spiritual rituals, perfumery, traditional medicine, and skincare, it is prized for its grounding and calming qualities.

Chemical Profile Rich in monoterpenes and diterpenes such as α -pinene, limonene, sabinene, and octyl acetate. These compounds support its anti-inflammatory, antimicrobial, and soothing properties. Note: *Boswellia carterii* differs from *Boswellia serrata* (Indian frankincense), with *carterii* being particularly favored for aromatherapy and topical use due to its balanced scent and composition.

Key Benefits

Supported by traditional use, preliminary research, and anecdotal evidence:

- **Anti-inflammatory & Pain Relief:** May help reduce inflammation and support joint/muscle comfort.
- **Skin Health & Anti-Aging:** Promotes smoother skin, improves elasticity, reduces fine lines, soothes irritation, aids wound healing, and may help with acne and scars.
- **Respiratory Support:** Traditionally used for easier breathing and comfort during seasonal challenges.
- **Stress, Anxiety & Mood:** Creates a calming, grounding effect ideal for meditation, relaxation, and emotional balance.
- **Immune & Antimicrobial:** Offers mild antimicrobial properties and historical use for oral health.
- **Other:** Preliminary studies explore cellular health benefits, though not proven as a medical treatment.

Common Uses & Application Methods

1. Aromatherapy & Diffusion

- Add 3–6 drops to a diffuser for relaxation, meditation, or respiratory support.
- Creates a peaceful, grounded atmosphere in homes, yoga spaces, or bedrooms.

2. Topical & Skincare

- **Dilution:** 1–2% for general use (6–12 drops per oz/30 ml carrier oil). Use 0.5–1% for facial applications.
- Carrier oils: Jojoba, coconut, sweet almond.
- Add to face creams, serums, moisturizers, or spot-treat scars/acne.
- Massage onto soles of feet for grounding before sleep.





3. Massage & Bath

- Blend with carrier oil for relaxing muscle massages.
- Mix with bath salts or carrier oil before adding to bathwater.

4. Other Uses

- Hair/scalp care (add to shampoo).
- Natural household cleaners.
- Perfume/incense blends and spiritual rituals.

Popular Blends Frankincense blends beautifully with: **Lavender, Myrrh, Sandalwood, Cedarwood, Bergamot, Sweet Orange, Patchouli, Vetiver, Clary Sage.**

Example Blends:

- Meditation: Frankincense + Cedarwood + Lavender
- Grounding: Frankincense + Patchouli + Vetiver
- Evening Calm: Frankincense + Sweet Orange + Myrrh

Safety & Precautions

- **Generally safe** when properly diluted and used externally.
- Always perform a **patch test**.
- **Dilute properly** — never apply undiluted (neat) to skin.
- Avoid during **pregnancy** or breastfeeding unless approved by a healthcare professional.
- Keep away from eyes, mucous membranes, children, and pets.
- **Internal use** is not recommended for essential oils unless under professional supervision. Resin extracts/supplements are safer for internal benefits.
- Consult a doctor if you have medical conditions, take medications (especially blood thinners), or are unsure.

Quality Tip: Choose 100% pure, therapeutic-grade oil from reputable suppliers, preferably sourced from Somalia or Ethiopia. Store in a cool, dark place in amber glass bottles.

Frankincense *Carterii* is a versatile, luxurious oil best used as a complementary wellness tool alongside a healthy lifestyle. It shines most in skincare, meditation, and relaxation practices. For therapeutic use, consult a qualified aromatherapist or healthcare provider.

