

# FRANKINCENSE

boswellia carteri



Frankincense Essential Oil has been treasured for thousands of years as one of the most sacred and versatile oils, valued for its grounding aroma and remarkable wellness benefits. Steam-distilled from the resin of the Boswellia tree, this oil supports cellular health, immune defense, and emotional balance. Known to ease stress and promote clarity, Frankincense is also used to encourage healthy skin and reduce the appearance of imperfections. When properly diluted with a carrier oil, it can be applied topically, inhaled to promote relaxation, or diffused to create a calming atmosphere that nurtures both mind and spirit.\*



## DIRECTIONS

- Apply 1–2 drops directly to areas of concern to soothe discomfort, add a few drops to warm tea for internal support, or place a single drop on the roof of the mouth to encourage wellness and ease inflammation.\*
- Take 2-3 drops in a capsule with carrier oil once or twice daily to promote healthy cellular function.\*
- Add 10 drops to bath salts and mix into warm water for a grounding, restorative soak.\*
- Diffuse or apply to the soles of the feet to encourage relaxation, balance, and emotional calm.\*

SUPPLEMENT FACTS	
Serving Size: 1 drop Servings Per Container: About 200	
AMOUNT PER SERVING	%DV
Frankincense 60mg Boswellia carteri from Somalia, steam distilled from resin	**
**Daily Value (DV) Not Established	

Caution: Keep out of reach of children. This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease. Do not use while driving or operating machinery. Do not use during pregnancy. Store in a cool, dark place.

Distributed by  
Green Organics, LLC  
and  
Heart & Body  
Naturals  
Cincinnati, OH 45245

## FUNCTIONAL CONSTITUENTS

- **a-pinene & Limonene:** These primary active compounds in frankincense are valued for their antioxidant, anti-inflammatory, and immune-supporting properties. They contribute to frankincense's ability to promote respiratory health, ease stress, and support overall cellular wellness.\*

### Clinical studies for Frankincense:

- <https://pubmed.ncbi.nlm.nih.gov/27117114/>
- <https://pubmed.ncbi.nlm.nih.gov/12244881/>
- <https://pubmed.ncbi.nlm.nih.gov/20696559/>
- <https://pubmed.ncbi.nlm.nih.gov/37334022/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9268443/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10735031/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9308809/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9332498/>

## CAUTIONS

- **Safety Group 2:** Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.\*
- Keep out of reach of children and pets.\*
- Store away from sunlight, at room temperature, with the lid securely tightened.\*

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

# Myrrh

**commiphora myrrha** 10ml

The use of Myrrh is documented in ancient Egypt, in the Bible, and in Greek and Roman texts. The healing benefits have been historically regarded as more precious than Frankincense.\*

Myrrh is powerfully anti-viral, anti-inflammatory, and due to its antibacterial qualities, helps to prevent infection, clear toxins, and promote tissue repair. It is often used on wounds that are slow to heal, weepy eczema, and athlete's foot.\*

Psychologically, Myrrh is believed to enhance visualization, provide relief from worry and over-thinking, enhance deep connectivity to one's spirituality, and act as a meditative aid. It is particularly valuable for people who feel stuck emotionally or spiritually and want to move forward in their lives.\*

## USES

### aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser in 15 minute intervals throughout the day.\*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale as needed.\*

### bath

- **Bath:** Add 8 to 10 drops to ½ cup Pink Himalayan or Dead Sea salt and add to a warm tub of water.\*

### internal

- **Beverage:** Add one drop to 1 tablespoon of honey and stir into warm water for a soothing tea.\*
- **Feminine Hygiene:** Create a douche with 5 drops in 6 ounces of water. Shake well, rinse vaginally.\*
- **Gargle/Mouthwash:** For a therapeutic gargle and mouthwash, add 10 drops to 6 ounces of water, shake well. Useful in healing canker sores and mouth ulcers, as well as gum disease.\*
- **Internal:** Use 2 to 3 drops in a veggie capsule with carrier oil to reduce overgrowth of candida.\*

### topical

- **Lotion/Massage:** Add a few drops to lotion or carrier oil and use to moisturize and support healthy skin.\*
- **Massage:** Dilute with carrier oil and use for a relaxing massage.\*

### topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.\*

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## application methods

Aromatic • Bath • Internal • Topical

## safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

## properties

*Wildcrafted*

**Producing Organ:** Resin

**Extraction:** Steam Distillation

**Country of Origin:** Ethiopia

**Main Chemical Constituents:** Heerabolene, limonene, dipentene

**Therapeutic Properties:** Anticatarrhal, anti-inflammatory, antimicrobial, antiphlogistic, antiseptic, astringent, balsamic, carminative, cicatrizing, emmenagogue, expectorant, fungicidal, revitalizing, sedative, stimulant (digestive, pulmonary), stomachic, tonic, uterine, vulnerary

## responsible cautions

- Not for use during pregnancy.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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# Spikenard

nardostachys jatamansi 5ml

Spikenard is native to India and Nepal and is distilled from the root of the plant. It was used by Roman perfumers and has a well-known Biblical history, having been mentioned in the Song Of Solomon and with Mary Magdalene who used it to anoint Christ's feet before the Last Supper.\*

Regarded as a calming, sedative, stabilizing oil, Spikenard's action regulates the nervous system and the heart. With its warm and earthy aroma, it also helps soothe the deepest forms of anxiety, nervous indigestion, migraines, stress, and overall tension. Like Myrrh, Spikenard can instill a profound sense of peace.\*

Spikenard can also be supportive in relief from rashes, allergic skin reactions, and can soothe, nourish, and regenerate mature skin. It is one of the few essential oils that helps relieve dandruff.\*

## uses

### aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 15 minutes per hour throughout the day to create a calming environment.\*
- **Inhalation:** Apply 2 drops on hands, rub, and inhale deeply as needed to relieve panic attacks or tension.\*
- **Misting:** Mix 15 to 20 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well and spray as desired.\*

### topical

- **Shampoo:** Add 5 drops per ounce of organic shampoo to treat dandruff.\*
- **Massage:** Add 2 to 3 drops per tablespoon of carrier oil, rub on the feet, back of the neck, or as desired to enhance relaxation.\*
- **Massage:** To restore calm after shock, grief, or a panic attack, mix 4 drops Spikenard, 8 drops Rose, and 4 drops Myrrh in 1 tablespoon of carrier oil. Apply 1-2 drops of this blend to temples, back of neck, forehead, and upper chest.\*
- **Massage:** To calm irregular heartbeat, mix 4 drops Spikenard, 4 drops Helichrysum, and 8 drops Neroli with 1 teaspoon of carrier oil, and apply 4 to 6 drops over the heart area using circular strokes.\*
- **Massage:** For eczema, psoriasis, or athlete's foot, mix 4 drops Spikenard, 4 drops Helichrysum, and 2 drops Rose Geranium in 1 teaspoon of carrier oil and apply to affected areas.\*

### topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.\*

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## application methods

Aromatic • Topical

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## properties

*Wildcrafted*

**Producing Organ:** Root

**Extraction:** Steam Distillation

**Country of Origin:** Nepal

**Main Chemical Constituents:** Bornyl acetate, isobornyl, valerianate

**Therapeutic Properties:** Anti-inflammatory, antipyretic, bactericidal, deodorant, fungicidal, laxative, sedative, tonic

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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