



Frankincense

1. CALM DOWN. INHALE WITH LAVENDER AND PEPPERMINT AND APPLY TO NECK TO HELP CALM STRESS AND RELIEVE TENSION.
2. NOURISH YOUR SKIN. USE A DROP OF FRANKINCENSE WITH 3 DROPS OF CARRIER OIL OR IN UNSCENTED LOTION FOR BEAUTIFUL, RADIANT LOOKING SKIN.
3. SPREAD THE LOVE. FRANKINCENSE SMELLS WONDERFUL AND UPLIFTS THE MOOD. WEAR IT AS A PERFUME TO LIFT YOUR MOOD AND FEELINGS OF ALERTNESS.
4. OVERWORKED HANDS? RUB FRANKINCENSE ON YOUR HANDS AFTER A LONG DAY OF GARDENING OR WORKING TO PROMOTE A NORMAL INFLAMMATORY RESPONSE.
5. TIME TO FOCUS. APPLY 1-2 DROPS TO YOUR TEMPLES AND THE BACK OF YOUR NECK TO HELP IMPROVE YOUR CONCENTRATION.
6. NAILS OF STEEL. DRY WEATHER CAN TAKE A TOLL ON YOUR NAILS - TRY APPLYING A DROP OF FRANKINCENSE TO STRENGTHEN WEAK NAILS.
7. GOODNESS IN A CUP. DILUTE A DROP OF FRANKINCENSE IN 1 TEASPOON OF HONEY OR IN A SMALL HERBAL TEA AND TAKE DAILY TO MAINTAIN GOOD HEALTH.
8. A CALMING MOOD LIFTER. FRANKINCENSE CAN BE APPLIED TO THE BOTTOMS OF FEET TO RELAX AND CALM MOOD SWINGS MINOR TO MAJOR. IN FACT, IT HAS BEEN USED TO CALM EXPECTANT MOTHERS DURING PREGNANCY AND LABOR. DIFFUSE IN THE ROOM OR MASSAGE A DROP ONTO THE CHEST OR BACK OF THE NECK.
9. CELLULAR VIGOR. FRANKINCENSE IS A COMPONENT OF THE CELLULAR COMPLEX BLEND BECAUSE IT PROMOTES HEALTHY CELLULAR PROLIFERATION. SO, TAKE FRANKINCENSE IN A VEGGIE CAPSULE TO SUPPORT HEALTHY CELLS IN YOUR BODY!
10. NO MORE NERVES. USE FRANKINCENSE TO HELP RELIEVE ANXIOUS FEELINGS AND CREATE A POSITIVE MOOD! TRY COMBINING FRANKINCENSE, PEPPERMINT AND WILD ORANGE ESSENTIAL OIL IN YOUR HAND, RUB HANDS TOGETHER, AND INHALE DEEPLY. THIS MIX WILL ALSO HELP WITH THE MOST SEVERE NEED FOR A THREE O' CLOCK PICK-ME-UP!
11. BE YOUTHFUL. FRANKINCENSE CAN HELP PROMOTE YOUTHFUL, RADIANT LOOKING SKIN AND SLOW THE SIGNS OF AGING BY REDUCING THE APPEARANCE OF SKIN IMPERFECTIONS. DAB WITH 1 DROP OF A CARRIER OIL TO TROUBLE AREAS.
12. RELAX AND REVITALIZE. SOAK IN A WARM FRANKINCENSE BATH TO CALM THE NERVES OR DIFFUSE FRANKINCENSE IN THE BATHROOM WHILE YOU RELAX IN THE TUB.
13. FRANK TO THE RESCUE. FRANKINCENSE HAS BEEN USED FOR CENTURIES FOR CHALLENGED SKIN, SKIN PROBLEMS AND NEARLY EVERYTHING RELATED TO SKIN. IT'S WONDERFUL FOR AGING SKIN TOO! APPLY DIRECTLY TO THE SKIN AND DAB THE EXCESS WITH A COTTON BALL.
14. MUSCLE DISCOMFORT RELIEF. USE FRANKINCENSE WITH A COLD COMPRESS AFTER WORKING OUT OR ON A HOT DAY TO COOL DOWN AND RELAX. OR, USE WITH A HOT COMPRESS TO SOOTHE TIRED MUSCLES OR OCCASIONAL CRAMPS.
15. PERSONAL SAUNA. AFTER SHOWERING, ADD A FEW DROPS TO A WARM, WET WASHCLOTH FOR A FINAL RINSE. ENJOY THE EARTHY SMELL AS THE STEAM CREATES YOUR OWN PERSONAL SAUNA.