



FRANKINCENSE OIL

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A Letter from the Owner ... And Thank You!

Thank you so much for your purchase! Please read through this short PDF, because it will help you get incredible results from using this product – plus you will learn our exact recommendation for the best way to use your Frankincense Oil!

You might wonder ...

Why Essential Oil Labs?

In 2014, inspired by the idea of a line of 100% pure and natural essential oils that are sourced from sustainably harvested areas benefiting local communities.

Our desire was to make the essential oil buying experience an incredible one ... and that's why I wrote this guide. In this PDF, you will learn how to best use this product, its amazing benefits, with some incredible uses for the entire family... so that you will LOVE the experience of using it every day!

Connect With Us

We love to connect with fans of EOLs. We would love it if you would join our special VIP Club to stay connected:

<http://essentialoilabs.com/VIP/>

If I can be of service, do not hesitate to contact me personally. I personally reply to all emails and I love to hear from our customers.

Regards,

Quinton Jeffries,

Co-Founder, Essential Oil Labs

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Chapter 1:

Introduction to Frankincense Oil (Heaven's Gift)

Essential oils are used for their therapeutic properties as well as their healing abilities through topical, oral, and aromatic use. The oils are made from leaves, roots, or the stems of different plants and are used in different ways. Frankincense oil is derived from frankincense which is made from the sap of the *Boswellia carterii* tree or the *Boswellia sacra* tree. Both are grown in and around the Arabian Peninsula, especially in India, Oman, Yemen, Somalia, and Ethiopia. It's sometimes called olibanum and has multiple uses that will be discussed in later chapters. Frankincense oil boasts an earthy and spicy smell with fruity undertones. In general, the oil has a fresh, clean, and slightly sweet smell that lends itself nicely to aromatherapy.

History of Frankincense Oil

Frankincense origin comes mainly from Oman where it's used widely in the upper class and lower class societies. When cultures outside of the Arabian Peninsula (namely Europe and Asia) found out about the many uses and benefits of frankincense, the demand for the oil went up. This helped Arabia gain and hold a place in the global economy. Oman and similar places began trading Frankincense across the Mediterranean and to the East via the Silk Road.

The demand for the oil really took off during the first millennium BCE and was so high that the port city of Moscha was ordered to be built by workers from the pre-Islamic empire Hadramat's capital city, Shabwa. This is because the *Boswellia sacra* trees, which are considered to be the better tree for harvesting frankincense resin, are mostly found in Moscha. From that city frankincense was shipped along the coast of Oman and up to Shabwa where it was sorted, taxed, and transported to northern regions by camel. The development and trade of frankincense aided in the region's early prosperity. The region saw so much success that it was commonly imagined as a place of outstanding wealth. The frankincense trade generally helped expand shipbuilding in the region, helped the domestication of the camel and led to the advanced development of the written language.

The resin and oil were also marketed for religious purposes. Frankincense was used in religious ceremonies by Egyptians, Israelites, Greeks, and Romans along with the similar resin myrrh. They were widely used in burial rituals as an offering to the departed soul along with the facts that it helped cover the smell of the body. Interestingly enough, the Emperor Nero chose to burn a full harvest of frankincense after his favorite mistress passed on. One of the more well-known historical stories related to frankincense is the popular Christmas story in the Christian faith. In the story, there are three wise men from the East who visit the Christ child. Each one has a gift for the child. One brought gold, one brought myrrh, and the third wise men brought frankincense.

Historically, it was used in medicinal remedies for things like nausea, ulcers, indigestion, coughs, and childbirth recovery. The smoke created from burning frankincense was also used to keep away flying insects including mosquitos.

Making Frankincense Oil

In order to make the frankincense oil, the sap from the *Boswellia* trees are collected. Incisions are made from January to March and then from August to October. The sap comes out of the trees and is collected. The trees are only tapped for about five years at a time before they are left to rest and replenish. Once collected, the sap has to dry and harden into a gum resin before it can be used. After a few days, the resin is scraped off in droplets. To make the oil, the resin is then steam-distilled.

Frankincense oil is made up of ketonic alcohol, resinous matters, and terpenes like a-pinene and p-pinene, camphene, phellandrene, and dipentene. The oil also has valuable monoterpenes and sesquiterpenes which help detox the body and have antiseptic, analgesic, antibacterial, and expectorant properties.

The sesquiterpenes can also stimulate the limbic system of the brain, the pineal gland, the pituitary gland, and the hypothalamus.

Notes on Quality and Safety of Essential Oil Labs

Frankincense Oil

At Essential Oil Labs, we take the quality of our oils very seriously. The best quality oils will have little to no contaminations. When looking for the best frankincense oil, it will be from the *Boswellia sacra* tree grown indigenously without the use of pesticides or herbicides. The oil will also be harvested during the right time of year using proper temperature and pressure in order to provide peak freshness.

While our oil is very well tolerated aromatically and topically you should also test out the oil in small batches before using it continuously. To test the oil on your skin, pick an unnoticeable area and apply the oil to your skin. Wait 24 hours and take note of any negative effects like itching, burning, peeling, or redness that occurs. If you notice any irritation, stop using the oil.

Frankincense is also linked to blood thinning and should be avoided if you have blood clotting issues. If you have this or other related medical conditions, you should speak to your doctor before using frankincense oil or any other essential oil to make sure that it's safe and won't interact with any prescription medicines, especially anticoagulant medications. Generally, the oil isn't recommended for internal use by pregnant or nursing mothers as it can induce menstruation.

Essential Oil Labs frankincense oil is versatile and has multiple benefits and uses. The following chapters will tell you what frankincense oil can be used for, how it will benefit you, and how you can use it with other essential oils and natural ingredients to make great homemade products.



Chapter 2:

Benefits of Essential Oil Labs Frankincense Oil

Essential Oil Labs frankincense oil is a multipurpose essential oil that can help you around the house, improve your health, and help you relax after a stressful day. In terms of health, the essential oil is a general antiseptic, astringent, disinfectant, expectorant, and much more. It can also be used in cosmetics and as an incense as it's been used for centuries. In general terms, frankincense oil is considered a tonic because of its many benefits. It can help tone and boost your overall health and benefits various functions in your body including the respiratory system, the digestive system, the excretory system, and the nervous system. The oil also helps your body absorb nutrients while boosting your immune system.

Antiseptic and Antibacterial Benefits

Essential Oil Labs frankincense oil has antiseptic properties and is so strong that even the smoke and fumes from burning the oil can be used for disinfectant purposes. You can also clean wounds with the essential oil with no negative side effects. The essential oil can also be used as an antibacterial solution. To take advantage of this, you can use frankincense oil in homemade household cleaners in order to eliminate germs on surfaces as well as in the air via the smoke and fumes of the burned oil.

Oral Health

The essential oil can also be used to improve your oral health. Frankincense oil can combat bad breath, alleviate the pain of toothaches, help clear up and prevent cavities, heal mouth sores, and clear up infections. This has to do with the aforementioned antiseptic benefits. As a bonus, the oil has a pleasant aroma and flavor, too. The oral health benefits are so well-known that a lot of natural toothpastes and mouthwashes use frankincense oil as an active ingredient.

Astringent Properties

Frankincense oil is an astringent and can be beneficial for strengthening your gums, toning your skin, and strengthening your hair roots. It will also help contract muscles as well as your intestines and blood vessels. This can help prevent the premature loss of hair and teeth while also reducing the appearance of wrinkles. As an astringent, the oil can also help firm up your muscles and strengthen your limbs while helping relieve diarrhea. It will also work as a coagulant for bleeding cuts and wounds.

Emmenagogue and Uterine Health

To add to the astringent properties of frankincense oil, it also aids in blood circulation. The oil can help trigger menstruation in women who have a problem with a delayed menstrual cycle and can also stave off menopause in some women. In addition to triggering menstruation, the essential oil can also help alleviate some of the symptoms associated with menses like cramping, headaches, fatigue, nausea, and mood swings. The oil is considered to affect menstruation in women so much that it was actually used to abort abnormal/unhealthy pregnancies. For this reason, pregnant women are told to exercise caution when using frankincense oil.

Frankincense oil is also beneficial for uterine health. It regulates estrogen in the body and can help lower your risk of tumors and cysts forming post-menopause in the uterus (uterine cancer). By regulating a normal menstrual cycle, the oil helps keep the female reproductive system functioning properly and in a healthy manner.

Gastrointestinal Benefits

Frankincense oil is considered a carminative and works well for gastrointestinal issues. It can help reduce and prevent the buildup of gas in the body and help with the expulsion of gas in the intestines.

The oil will obviously help alleviate the pain from stomach aches, abdominal and chest pain, symptoms of diarrhea, and similar gastrointestinal problems including acid reflux. You will also notice better daily digestion, too. The oil is so beneficial in this area that it can even be used to treat symptoms in chronic and severe disorders like leaky gut syndrome, Crohn's disease, irritable bowel syndrome, and the various forms of colitis.

Skin Care Benefits

The essential oil is also known as a cicatrizant. This means that it can heal your skin in different ways. Frankincense oil can help fade scars, acne, pox marks, and stretch marks. Frankincense oil also has anti-aging properties that promote cell regeneration while maintaining healthy existing skin cells. In this capacity, it not only prevents and reduces wrinkles but can also treat sun spots and age spots while tightening and toning facial skin in general. Your skin will also stay hydrated thanks to the oil. The oil can help your skin through topical use as well as through aromatherapy.

Excretory Benefits

If you're dealing with constant bloating and water retention frankincense oil can help. It works as a diuretic and is considered to be on par with prescription diuretics when used regularly. The oil encourages regular urination in a safe way. This can help you lose water weight, lower the sodium in your body, break down uric acid, and expel toxins from your body. This expulsion can also lead to lower blood pressure. If you do take prescription diuretics, you might already know that they can strip your body of essential nutrients like potassium. Frankincense oil will give you the same results of those prescription medications without stripping your body of any nutrients.

Respiratory Benefits

Frankincense oil has been known to help soothe sore throats and coughs while also expelling phlegm in the lungs and respiratory tracts. The essential oil can also be used to treat bronchitis and general congestion. Thanks to its anti-inflammatory properties, it can also help you breathe better overall. This makes it a natural treatment for asthma and the common cold.

Sedative Effects

The essential oil works to combat stress and anxiety by triggering relaxation, satisfaction, and mental peace. It can also help you think clearly which can help keep anxiety and stress at bay. This is done simply through aromatherapy. As mentioned before, the oil can also aid in better breathing which can help you battle stress and anxiety naturally. It can also boost your overall mood which will keep all negative thoughts away. This will help you maintain a good blood pressure and help you remain in a good mental state. Thanks to this, the oil is used frequently in prayer and meditation in order to help the person reach a deeper level of consciousness and connect with their spirituality. The best part of frankincense oil in this sense is that it can help with mental clarity without any side effects that prescription medications have like drowsiness or suicidal thoughts.

Anti-inflammatory Benefits

It was briefly stated that frankincense oil has anti-inflammatory properties. This makes the oil useful in relieving pain associated with inflammatory problems including arthritis and painful rheumatism. It can also help with swelling associated with injuries and conditions like gout. Frankincense oil can actually stop the body from creating inflammatory molecules while also helping prevent cartilage tissue in the body from breaking down and causing arthritis and similar inflammatory issues.

Other Benefits

There are ongoing studies that are beginning to show that frankincense oil can be beneficial in fighting cancer. A 2012 scientific study showed that there is a certain chemical compound in the essential oil known as AKBA. This compound showed the ability to attack cancer cells that were otherwise proving to be resistant to treatment including chemotherapy. Similarly, the oil can also help battle the side effects of chemotherapy and other strong cancer treatments.

Since frankincense oil promotes relaxation and better breathing, it can also be used as a sleep aid. By reducing stress and anxiety and clearing your mind, the essential oil can help calm you down, even out your heartbeat and breathing, and regulate your body temperature to ready you for a good night sleep. This will allow you to stop using chemically-based over-the-counter sleep aids.

The benefits of frankincense oil are obviously widespread and show that using the oil, even in a minor capacity, can positively affect you in one way or another. A bonus is that if you decide to use the essential oil for one reason, you'll more than likely benefit from its other properties and uses. For example, if you decide to use the oil to treat an acute gastrointestinal issue, your body will also benefit from the overall antiseptic properties of the oil which can help your body better function entirely. No matter why you've decided to use frankincense oil, your body will thank you.



Chapter 3:

How to Use Essential Oil Labs Frankincense Oil

The benefits of frankincense oil were discussed in the previous chapter. Its uses range from internal use to topical use, aromatherapy and even as a household cleaner. It's believed that frankincense oil works by triggering the limbic system which influences the nervous system which allows it to benefit the body internally and externally. The essential oil is only as beneficial as the one you use and how you use it, however. Essential Oil Labs frankincense oil is a 100 percent pure and natural essential oil and not a fragrance or perfume oil which are usually synthetic and lacking in their benefits. It's best to use the oil topically, orally in small amounts, or through inhalation with the use of a diffuser or vaporizer.

Topically

To use EOL's frankincense oil topically, use it in conjunction with a carrier oil like jojoba oil, almond oil, or fractionated coconut oil. For pain relief, you'll want to massage the blended oil into the affected area with a firm hand in order to better circulation in the area and to help reduce any inflammation. If you're using it topically to heal a wound, use the blended oil by applying it directly to the wound or cut in question to aid in the skin's healing and to prevent infections. Remember that any oil should only be applied to clean, dry skin. If you apply the oil to dirty skin you'll be sealing impurities into your skin with the oil.

There are times where you might need a stronger solution, if this is the case, you can use frankincense oil without a carrier oil, but you should test it on your skin first in order to check to see if you'll have any negative reactions from the pure oil. If you see that you do have a reaction, dilute the frankincense oil with a carrier oil for future use. Other kinds of carrier oils are avocado oil, patchouli oil, basil oils, citrus oils, clary sage oil, and rosemary oil. When diluting frankincense oil with a carrier oil, use six drops of frankincense for every ounce of base oil. Similarly, you can add a few drops to your washcloth and use it as a hot rinse while taking a shower. This will allow the oil to work topically as well as internally through inhalation of the fumes that will diffuse as it mixes with the hot water and steam in the shower.

You can also choose to make your own natural skincare products by mixing the frankincense oil to with other essential oils and natural ingredients. If you're blending the essential oil with other oils or products, you'll want to make sure that all of your ratios are appropriate for what you're trying to achieve (facial products should use less frankincense than body lotions or creams). Usually, only a few drops of oil are necessary as a little bit of frankincense oil tends to go a long way. If you're interested in making your own skin care products or other homemade products, you'll find some fun and useful recipes in the following chapter.

You can also use frankincense oil on a washcloth and use it as either a warm or cool compress, depending on the desired outcome. This is great for relieving tension in your body and for a soothing muscle relaxer that you can use after strenuous exercise. This is also a great way to treat headaches or dizziness.

Please note that diluting frankincense oil or any essential oil won't lower its effectiveness. The point of diluting an oil is to help increase absorption and lowering the risk of any negative skin reactions. When in doubt, always dilute your essential oil with a base or carrier oil.

Inhalation

Use frankincense oil in a diffuser or vaporizer in order to inhale the aroma of the essential oil. This is great if you're trying to treat a cold and clear up congestion or if you're trying to better your mood and clear your mind. If you don't have a diffuser or vaporizer, you can sprinkle a small amount of frankincense oil on a clean cloth and breathe in the scent that way. You may also want to add some drops of the essential oil to your shower or your bathwater which will allow you to inhale the beneficial fumes from the oil without burning it. When you add it to bath water, it can also work topically as it will penetrate your skin as you soak in the water.

In order to prevent any issues, however, you should dilute the frankincense oil in a base oil like fractionated coconut oil in order to stop it from interacting with the hot water and potentially causing burns (this is uncommon, but should be avoided just in case). Similarly, you can add frankincense oil to your bubble bath which will keep you free from harm and allow you to benefit from the pleasant and helpful fumes of the essential oil.

You might be surprised to find out that simply inhaling frankincense oil can have a positive physical effect on your body not in relation to respiratory issues. It has been shown that inhaling the oil can actually help reduce physical inflammation. Similarly, you can also use frankincense oil as a facial steam. Simply add no more than two drops of the essential oil to a pot or bowl of boiling water, lean over it carefully, cover your head with a clean and dry towel and inhale the oil infused steam deeply. This will help improve your breathing and help your skin as the steam will penetrate your pores and help detox the skin.

The smoke from the burned oil has its own benefits, too. For example, frankincense smoke is a great pest repellent. The smell infused in the smoke drives insects like mosquitoes away from the area which will help keep you from getting bitten and possibly contracting illnesses like malaria. For this reason, some people actually engulf their clothes in frankincense smoke in order to protect them from biting insects while they're outside.

You can also rub two drops of oil into the palms of your hands and inhale the aroma of the frankincense oil before prayer, meditation, yoga, or similar practices. The oil is believed to help clear your mind and help you better reach a deeper level of consciousness that can allow you to reach a more spiritual mental state.

Breathing in any essential oil works well because you're not just breathing in pleasant-smelling air, you're actually breathing in the vapor of the oil which has all of the best beneficial properties of the oil. Biologically speaking, the olfactory system in your body is connected to the limbic system of your brain. Since frankincense oil affects your limbic system, inhaling the oil will trigger that part of your brain and allow you to benefit from all of the positive attributes of frankincense oil.

Orally

Frankincense oil can be taken orally in very small amounts to help strengthen your body in different ways. You can add one or two drops of the essential oil to water and drink it to help relieve stomach pains and other gastrointestinal issues. It's best to use a 10:1 ratio when diluting the oil in water or any other liquid for consumption.

This might sound like a weak dilution, but frankincense oil is so potent that a stronger ratio can be too overpowering and lead to adverse effects. Similarly, you can add frankincense oil to honey and use the honey in tea or cooking. A little bit of this oil goes a long way and you may notice that you will actually sweat out frankincense after ingesting the oil. Remember, only 100 percent pure essential oils like Essential Oil Labs frankincense should be ingested. Do NOT ingest fragrance or perfume oil which has synthetic ingredients in them that could be harmful when ingested.

When using frankincense oil orally remember that less is always more. Be sure to start with the smallest amount possible (one drop) and increase the frequency of the oil instead of the amount of oil used. For example, if you see that drinking ten ounces of water with one drop of frankincense oil didn't do anything for you, instead of adding two drops of oil to your water, drink another full glass of water with the one drop of oil in it and see if the oil builds up enough in your system to work. If you change the ratio of oil to water, you might end up doing more harm than good. In general, you don't want to consume more than about ten drops of frankincense oil in a day. It should be noted that essential oils will have an effect on your liver so you should always use caution when ingesting any oil.

As a Cleaner

As it was mentioned earlier, frankincense oil can be used as a natural household cleaner thanks to its antiseptic properties. You can burn the oil and allow the smoke and fumes to clear the air or germs as a natural deodorizer. It can also be mixed with other oils and natural products to create liquid household cleaners that you can use to wipe down furniture and countertops. You can also make and use certain natural household cleaners with frankincense oil that can be sprayed to deodorize fabric furniture including mattresses. This is a great way to help prevent illness in your home and eliminate everyday germs that you and your family may bring into the home after a long day at work or school.

Complimentary Oil Uses

Previous chapters and sections within this chapter have mentioned the idea of blending frankincense oil with other essential oils. What you choose to blend together mainly depends on what you hope to accomplish through the blend, but some complimentary essential oils are sandalwood, cedar wood, lavender, citrus oils, bergamot, myrrh, pine oil, and benzoin. Specifically, frankincense oil mixes nicely with citrus oils for a mental pick-me-up while mixing it with a relaxing scent like lavender can create a nice calming blend.

These are just examples, but you can refer to aromatherapy guides to find nice complimentary blends. The recipes featured in the next chapter will also give you ideas on blending different essential oils with frankincense oil for more benefits.

Popular Specific Uses

While general uses were discussed, here are some specific uses that are more popular with regular frankincense oil users;

- * Rub the oil into the bottoms of your feet to promote relaxation and mood stabilization
- * Apply one drop to cuticles and nail beds to strengthen weak fingernails
- * Massage one drop behind the ears to promote better circulation, treat headaches, and clear your mind
- * Spray a blend of the oil and a base on a fan or in a vent system in order to spread the aroma throughout a designated space
- * Spray a blend of oils into car vents in order to deodorize the car or to help alleviate motion sickness
- * Use the oil diluted as a natural perfume or cologne thanks to its pleasant aroma
- * Add a drop into your sink basin when washing dishes
- * Add a few drops into your washing machine or on a dryer sheet for use in the dryer
- * Spray diluted oil on clothes air drying on an outdoor line
- * Mix with baking soda and sprinkle on carpet before vacuuming

No matter how you decide to use frankincense oil, you always have to use your personal judgment first and foremost. You know your body best. If you know that you have sensitive skin, you'll want to air on the side of caution when using frankincense oil topically. Similarly, if you're sensitive to smells, you may find that one or two drops are more than enough for your senses.

Finally, you might have a weak constitution and find that you are unable to ingest the essential oil without adverse health effects. Test out frankincense oil in small tests first before committing to a routine. Similarly, you may want to talk to your health provider before you use frankincense oil at all. They might not be as knowledgeable on the topic, but they might be able to tell you whether or not the oil will negatively interact with any medication you're taking. You can also reach out to a herbalist, naturopathic physician, or aromatherapy expert and ask them their opinion on using frankincense oil in the best possible way.



Chapter 4:

Essential Oil Labs Frankincense Oil Recipes

As it has been mentioned multiple times, you can mix frankincense oil with other essential oils and carrier oils to create beneficial oil blends to use topically, orally, or through inhalation. You can also add frankincense oil to natural ingredients to create beneficial homemade products that can help you cut ties with commercially produced items. Here are several recipes for things that you can make at home using Essential Oil Labs frankincense oil.

Homemade Frankincense Soap Bar

If you enjoy bar soap, but don't like some of the side effects (dry skin) from commercially made soaps, try this great bar soap recipe. The frankincense oil's antiseptic properties in conjunction with its anti-aging, astringent, and detoxifying properties make it beneficial as a soap, but instead of drying out your skin like store-bought bar soaps tend to do, this soap will hydrate your skin and add nutrients to your skin. This takes about 30 minutes to make and should last for about 30 normal washes. You'll need to pick up soap molds to create your bar soap.

Ingredients:

* 20-30 drops Essential Oil Labs frankincense oil

* 5 drops pomegranate oil

* Soap base

Directions:

In a glass bowl, add the soap base. Place the bowl in a saucepan filled partially with water. Over medium heat, melt your soap base. Once melted, remove the pan from heat and allow to cool slightly. Add in the frankincense and pomegranate oils. Mix well and transfer mix to a soap mold. Allow the mix to cool completely before removing it from the mold. Store the bar at room temperature when not in use. To use the soap, simply use it as you would any normal store-bought bar of soap.

Scar Reducing Body Butter

Frankincense oil has properties in it that make it beneficial for fading scars and promoting healthy skin regeneration. This body butter uses the frankincense oil in conjunction with other natural ingredients to create a great cream that will fade blemishes on your body. In addition to the ingredients, you'll also need a small container to hold your final product. This takes about five minutes to make.

Ingredients:

* 2 oz shea butter or coconut oil

* 10 drops Essential Oil Labs frankincense oil

* 10 drops jasmine oil

Directions:

Since both shea butter and coconut oil are solids at room temperature, start by melting whichever one you decided to use in a double boiler until liquid. Allow the butter or oil to cool to room temperature and add in the frankincense and jasmine oils.

Stir together to combine everything. You can use it immediately or store it for later use. If storing it, pour the mixture into a container and refrigerate it until it's cool. Then, use a hand mixer on a high setting to whip the oils into a cream. Pour the whipped mixture into a container (preferably glass as plastic can contaminate the mixture) and store it at room temperature when not in use. To use the body butter, simply rub the cream into the trouble area.

Sleep-inducing Cream

When mixed with other essential oils, frankincense oil can promote relaxation and help you fall asleep. This natural night cream can help promote relaxation and sleep while also aiding in maintaining or creating healthy skin. This great recipe works double duty for you and only takes about five minutes to make. Note: all other ingredients should be organic. You'll also need a container to hold your mixture.

Ingredients:

- * 5 drops Essential Oil Labs frankincense oil
- * 5 drops Essential Oil Labs lavender oil
- * 1 1/2 tbsp. coconut oil
- * 1/2 tsp olive oil

Directions:

Start by softening up the coconut oil by heating it slightly in a double boiler. Add the three other oils to the softened coconut oil and combine everything together by stirring the mixture. You can store the mixture as it is in a small container to use later (keep it at room temperature). When using the cream, spread evenly over your face and body and pat yourself down lightly if worried about oil harming clothes or bed-sheets.

Frankincense and Myrrh Lotion

Frankincense and myrrh are incredible complimentary and are frequently paired together in recipes. This particular recipe will aid in hydrating your skin while delivering vitamins and nutrients to it.

The astringent properties of the frankincense oil will also tone, heal, and protect your skin, too. The shea butter and coconut oil in this recipe will aid in hydration while the vitamin E oil works as an antioxidant. This lotion is great for relieving dry and cracked skin that can occur in cold weather.

To store your lotion, you'll need to use a BPA-free plastic lotion bottle. This recipe takes about 90 minutes to complete. All of these ingredients are easy to find at health stores or on the internet.

Ingredients:

- * 1/4 cup olive oil
- * 1/4 cup coconut oil
- * 1/4 cup beeswax
- * 1/4 cup shea butter
- * 2 tbsp vitamin E oil
- * 20 drops Essential Oil Labs frankincense oil
- * 20 drops myrrh oil
- * BPA free plastic lotion dispenser bottles

Directions:

Add the olive oil, coconut oil, shea butter, and beeswax to a glass bowl. Place the bowl in a saucepan partially filled with water and heat it over medium heat. Mix the ingredients well and remove from the heat. Refrigerate mix for an hour to solidify it. Using a mixer, beat the oil mixture until it is fully whipped and fluffy. Add in the remaining oils and mix it together. Transfer this to your container and store in a cool place until ready to use. When ready to use, simply apply the lotion to your skin as you would any store-bought lotion. To get the most out of this lotion, store it in a dark place at room temperature so the ingredients don't break down. If you live in a warmer climate where room temperature exceeds 75 degrees Fahrenheit, you might have to refrigerate the mixture and whip it using your mixture again before you use it.

Facial Serum

Homemade facial serums are great for alleviating various skin problems. You now know that frankincense oil has different benefits for treating your skin. When it is combined with other essential oils and natural ingredients, you'll reap even more skincare benefits. This recipe calls for a carrier oil of your choosing. Carrier oil options are coconut oil, avocado oil, and jojoba oil (there are other carrier oils that you might prefer). You'll need an amber colored glass bottle with a medicine dropper top to store your serum.

Ingredients:

- * 1 drop rose oil
- * 2 drops sandalwood oil
- * 2 drops Essential Oil Labs frankincense oil
- * 1 oz carrier oil of your choosing

Directions:

Using your amber-colored bottle, pour in your carrier oil first and add in the essential oils. Close the bottle tightly and shake it gently to mix all of the oils together. Store it in a cool, dark place like a bathroom cabinet when not in use. To use the serum, place a small amount in your palms and rub it into your face. Make sure that your face has already been washed and dried. If you apply the serum to a dirty face you will be sealing impurities into your skin and creating more skin problems instead of fixing them.

Exfoliating Facial Scrub

If you want to scrub your skin effectively, you've probably bought body washes with an exfoliant in it. These exfoliants will help remove the dead cells from your skin and leave you with smoother and healthier skin. To keep this homemade product natural, you'll use sugar as your exfoliant. This is a great scrub for people with dry skin and it makes a great homemade gift during the holidays. Besides the ingredients, you'll need an 8-ounce glass pot and lids. The first recipe is for normal skin. Variations of the recipe for oily and dry skin will follow. For an added bonus, you can choose to add five drops of rose oil and five drops of jasmine oil to any of these mixes.

Ingredients (normal skin):

- * 1/2 cup raw olive oil
- * 1 cup raw organic sugar
- * 5 drops Essential Oil Labs frankincense oil
- * 5 drops Essential Oil Labs ylang-ylang oil
- * 5 drops Essential Oil Labs lavender oil

Ingredients (oily skin):

- * 1/2 cup raw olive oil
- * 1 cup raw organic sugar
- * 5 drops carrot seed oil
- * 5 drops Essential Oil Labs frankincense oil
- * 5 drops Essential Oil Labs tea tree oil

Ingredients (dry/aged skin):

- * 1/2 cup raw olive oil
- * 1 cup raw organic sugar
- * 5 drops Essential Oil Labs frankincense oil
- * 5 drops patchouli oil
- * 5 drops geranium oil

Directions:

Measure out the sugar and pour into a glass bowl. Add olive oil and mix with a metal spoon.

Add in essential oils depending on the mix you're making. Stir everything together. Once mixed, scoop the mixture into your glass pot and close it with a lid tightly. Label your jar with the name of the mixture and the date. When not in use, store the product in a cool and dark place like a bathroom cabinet. To use the mixture, scoop out about a silver dollar-sized amount of scrub and wash your face with it as you would any normal facial scrub. Use this about once a week.

Aromatic Perfume Blend

While all essential oils have an array of health benefits, they also smell very nice. While most of these recipes are for things that will benefit your health and beauty, this is just a fun recipe for a homemade perfume that will keep you smelling nice during your day or night out. As an added bonus, smelling the oils throughout the day will make you feel vibrant and calm. This blend may also help keep biting insects away from you. This blend is so benign that it's even safe for children to use while they play dress-up or get ready for a family function. Besides the ingredients, you'll also need to find an amber-colored glass bottle with a roll-on top. If you can't find a roll-on top you can use a spray bottle top that fits the glass jar, but the roll-on top is recommended for the best application.

Ingredients:

- * 1 tbsp Essential Oil Labs fractionated coconut oil
- * 3 drops grapefruit essential oil
- * 2 drops Essential Oil Labs frankincense oil
- * 1 drop copaiba oil
- * 1 drop bergamot oil

Directions:

Add all of the essential oils to your glass bottle. Then, fill the remainder of the bottle with the fractionated coconut oil. Close the lid of the bottle tightly and gently shake the bottle to mix all of the oils together. When not using the perfume, store in a cool, dark area like a bathroom cabinet. Since this is strictly an oil blend, sunlight and warm temperatures can penetrate the bottle and cause the oils to break down and lose their beneficial properties.

When ready to use the perfume, apply it to your pulse points either by rolling on the oil or by spraying it.

Facial Moisturizer

When we think about moisturizers, we usually don't consider oils to be the best option, especially if you already have oily skin. However, oil isn't really the enemy. Your body needs natural oils and can actually absorb it better than standard creams and lotions. Because all of the ingredients here are natural, you don't have to worry about synthetic ingredients drying out your skin or clogging your pores. A properly formulated oil facial moisturizer will leave your skin feeling smooth, balanced, fresh, and nourished. This even works on combination skin which can be tricky to treat. The carrot seed oil in this recipe will provide your skin with a natural layer of protection while the lavender is specifically used in this to help protect you from sun damage while offering a calming aroma.

This recipe uses argan oil as your carrier oil, but you can choose another carrier oil if you don't particularly like argan oil. That being said, argan oil is full of vitamin E, fatty acids, and carotenes and will absorb into your skin quickly for hydration and nutrition. It's also great for all skin types, even sensitive skin. Other carrier oil options that work well for facial use are jojoba oil, avocado oil, sweet almond oil, macadamia nut oil, and apricot kernel oil. The easiest way to create this recipe is to buy a two-ounce bottle of argan oil and add the other essential oils to the bottle instead of buying another container and transferring the argan oil. If you choose to use another carrier oil, you might have to use another container, but if you can find a two-ounce bottle of the oil you want to use, you can do the same thing with that oil.

Ingredients:

- * 2 oz argan oil
- * 15 drops Essential Oil Labs frankincense oil
- * 10 drops Essential Oil Labs lavender oil
- * 5-10 drops carrot seed oil

Directions:

If using your carrier oil bottle as your mixing bottle, simply add all of your essential oils to the carrier oil and gently shake the bottle to mix everything together. When not in use, store the bottle in a cool, dry place like a bathroom cabinet. To properly use the facial moisturizer, use it in the morning and evening after washing and drying your face as you normally do. Usually, around three drops of the moisturizer are plenty to treat your face. Remember, a little bit of oil goes a long way.

Foaming Hand Soap

Body butter and moisturizers are nice, but some people like to simply wash with normal foaming liquid soap. This recipe allows you to create your own natural foaming liquid soap that you can use regularly without worrying about added alcohols or chemicals that may dry out or damage your skin. To properly create this recipe, you'll need a soap dispenser to hold your liquid soap.

Ingredients:

- * 2 cups water
- * 1/4 cup unscented liquid castile soap
- * 5 drops Essential Oil Labs frankincense oil
- * 5 drops Essential Oil Labs lavender oil

Directions:

Pour your castile soap and water into a mixing bowl and stir them together. Add in the drops of your essential oils and stir the mixture once again. Once all ingredients are mixed properly, transfer the soap into your dispenser bottle and tighten the lid. When ready to use, simply wash your hands as you would with store-bought liquid soap. You can leave this soap on your bathroom counter without fear of the essential oils breaking down since they're thoroughly mixed with the soap.

Roll-on Deodorant

Deodorant is used by families across the globe. You use it to mask your natural body odors and to keep you feeling fresh throughout your day. There are plenty of deodorants on the market, but this homemade deodorant will keep you fresh, give off a nice fragrance, and give you the topical benefits of the essential oils. Other than the ingredients listed you'll also need to pick up a 10mL roller bottle to store your homemade deodorant. Remember, you can change the ratio of your dilution with your carrier oil if you have sensitive skin and are worried about any irritation.

Ingredients (amounts vary based on the desired dilution):

- * Clary Sage
- * Essential Oil Labs Frankincense oil
- * Essential Oil Labs Lemon oil
- * Essential Oil Labs Lavender oil
- * Patchouli oil
- * Essential Oil Labs Fractionated coconut oil

Directions:

Take your 10mL roller bottle and fill it one-third of the way with the fractionated coconut oil (this is liquid coconut oil, not the solid white coconut oil). Use the clary sage and fill it another third of the way in the bottle. For the final third of the bottle, you'll add equal parts of the remaining essential oils. You can change how much you use of each essential oil based on personal preference, but the general rule of thumb is to add about five drops of each oil and work from there. Remember, that these oils are strong and a small amount can be more than enough. When you're ready to use the deodorant, simply roll on the deodorant under your arms. Store the bottle in a bathroom cabinet out of sunlight and away from any heat.

Menstrual Discomfort Blend

Frankincense oil has a unique ability to help with menstrual discomfort and can even help trigger your menstrual cycle if you're irregular.

You can use the two essential oils without dilution if you aren't worried about any sensitivity issues, or you can choose a carrier oil of your choice and dilute the oils and use it like that.

Ingredients:

- * 2 drops sandalwood oil
- * 2 drops Essential Oil Labs frankincense oil
- * Carrier oil of your choice (optional)

Directions:

Simply mix the two essential oils together and massage them into your abdomen and your lower back to ease any discomfort or to trigger your menstrual cycle. If you want to use a carrier oil, use about one ounce of your preferred oil and mix it with the essential oils and massage as directed.

Herbal Toothpaste

This recipe has a lot of ingredients and if you're new to natural products, you might not know what each do. The baking soda in the recipe will help reduce plaque in your mouth and help support tooth enamel while the coconut oil will act as an anti-microbial. The two tinctures (spilanthes and Echinacea) in this recipe are essential for handling dental infections and toothache pain. The myrrh powder is antimicrobial and anti-inflammatory as well and is known for helping gingivitis. The kaolin clay will thicken your mixture and give it the right texture for a toothpaste. The liquid stevia and the peppermint oil will give you toothpaste a pleasant taste and add more anti-microbial benefits.

Besides the ingredients, you'll also need mixing bowls and a container with a lid for storage. This recipe makes about four ounces of toothpaste.

Ingredients:

- * 5 tbsp baking soda
- * 4 tbsp coconut oil

- * 2 tsp Echinacea tincture
- * 2 tsp spilanthus tincture
- * 1/2 tsp kaolin clay
- * 1/4 tsp myrrh powder
- * 1/4 tsp stevia liquid extract
- * 30 drops Essential Oil Labs peppermint oil
- * 15 drops Essential Oil Labs frankincense oil

Directions:

Start by melting your coconut oil in a double boiler until it liquefies. In a separate mixing bowl, combine the baking soda, kaolin clay, and myrrh powder. Pour the coconut oil over the dry ingredients and combine them well. Add the tinctures and the oils and mix once again. Stir the mixture constantly until it cools and forms a thick paste. Do not transfer the paste to your storage container before it cools completely to avoid the ingredients from separating. As soon as the mixture cools you'll be left with a thick toothpaste that you can transfer to your storage container. Keep this in a cool, dark place when not in use. To use the toothpaste, apply a small amount to your toothbrush in the same way you'd apply normal toothpaste and brush your teeth as normal.

Home Cleaning Scrub

Keeping your home clean is one of the best things that you can do to keep you and your loved ones healthy. When you have no lingering germs on surfaces or in the air, you'll limit instances of illness in yourself and your family. Frankincense's beneficial antiseptic and disinfectant properties can be utilized to keep your home clean for that purpose. Make this homemade cleaning scrub to successfully clean non-porous surfaces around your home. Not only will the oil mixture disinfect the surface but the aroma will also help clean the air in the room.

Ingredients:

- 10 drops frankincense oil
- 50 grams baking soda
- 5-10 drops lemon oil

Directions:

Start by pouring the baking soda into a small glass or ceramic bowl (remember, avoid plastic and metal when working with essential oils). Add the oils to the baking soda and combine all of the ingredients. Use this mixture to clean surfaces around your home either with or without water. You can save any leftover cleaners in a glass container with a tight-fitting lid. You can also make bigger batches of this recipe for daily use as long as you store the mixture properly (in a cool, dry place).

Anti-Wrinkle Cream

Frankincense oil has beneficial properties that can help even out fine lines and wrinkles that are present and it can also help prevent wrinkles from forming in the first place. This DIY wrinkle cream can help nourish your skin and keep it looking youthful for years to come. Besides the listed ingredients, you'll also need an electronic whisk or a hand mixer with a whisk attachment. If you only have a manual whisk available, you can still make this recipe, it'll just take a little bit of muscle to get the job done. You'll also need an amber-colored glass container with a tight-fitting lid to store your finished product.

Ingredients:

- 1.2 cup cocoa butter
- ¼ cup coconut oil
- ¼ cup sweet almond oil
- 50 drops frankincense oil

Directions:

Place a saucepan filled with one or two inches of water on the stove. Spoon the cocoa butter, coconut oil, and sweet almond oil into your glass storage jar or bottle and place the container in the center of the saucepan. With the heat on low, melt the cocoa butter and coconut oil until the mixture liquefies. Once melted, remove the mixture from the heat. After allowing the container to cool slightly, place it in the freezer for about 20 minutes or until it hardens slightly. When complete, the mixture should be solid but not too hard. At that point, add in your frankincense oil and transfer the mixture to a bowl. Whip the mixture using your whisk/mixer until the hardened mixture becomes soft and airy. Transfer the completed product back to your glass container and close the lid tightly. Store it in a cool, dark place. If stored properly, this wrinkle cream will keep for months. To use this, simply apply the cream to your clean face twice a day.

Roll-On Headache Relief

Headaches plague everyone from time to time. If you suffer from frequent headaches, you're probably tired of taking aspirin or other pain relief pills that come with unpleasant side effects of their own. If you're ready to try something different to fight your headaches, try out this great headache relief oil blend. Besides the listed ingredients, you'll need a 10mL amber-colored glass rollerball bottle with a tight-fitting lid as well as a dropper. These can readily be found on the internet or in craft stores and make the application of oil blends much easier.

Ingredients:

- 10 drops peppermint oil
- 6 drops lavender oil
- 5 drops frankincense oil
- Fractionated coconut oil to fill

Directions:

Add the essential oils to the roller bottle in the proper amounts. Then, using your dropper (this will help you add all of the oils to the small-mouth roller bottle easier) fill up the remainder of the bottle with the fractionated coconut oil. Close the bottle tightly and give the bottle a thorough but gentle shake (remember not to shake oil blends too vigorously) in order to combine the oils. Store the finished product in a cool, dry place. To use this, simply roll the oil mixture onto your temples for relief.

Doctor's Orders

You know how good frankincense oil is so you don't really need an endorsement to convince you that the essential oil is a must-have in your home. However, hearing professionals confirm everything you already know is always nice.

Dr. Cybele Fishman, celebrity dermatologist and frequent guest on "The Dr. Oz Show," loves frankincense oil and recommends it to all of her patients. She credits the oils' antioxidants for protecting the skin from damaging outside influences while also singing the praises of the oil's strong, floral aroma. Such a successful doctor surely can't be wrong!

Your bottle of frankincense oil can do a lot for you in your daily life. With these new recipes in your collection, you're now ready to do even more with this essential oil. Take the time to try out each one of these on your own along with the other recipes in the previous book. Enjoy your frankincense oil and remember to stock up with another bottle if you're running low!

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