

Benefits of Frankincense Essential Oil

Benefits of Frankincense Essential Oil include anti-inflammatory properties to open up breathing, antiseptic properties to heal wounds, treat infections and clean up acne and other blemishes, cancer fighting properties, improves sleep quality, digestive relief, itching relief, and boosts the immune system.

Frankincense essential oil comes from a group of trees on the genus *Boswellia*. There are three main species that are used to produce frankincense oil:

- *Boswellia Carterii*
- *Boswellia Frereana*
- *Boswellia Serrata*

These species have similar therapeutic and aromatic (a sweet, woody scent) qualities. They grow natively from northeast Africa to India.

To get the oil, gatherers first make incisions in the trunks of the trees and collect the sap. This hardens into an orange-brown resin that is called frankincense (or the Arabic name, olibanum). This hard resin is then subjected to steam distillation to obtain the essential oil.

Frankincense has been used for thousands of years. Numerous references are made in the Old Testament and other ancient texts indicating the frankincense was widely used. The ancient Egyptians used frankincense as a fumigant and in the embalming process. Wise men from the East also brought frankincense to the baby Jesus.

In an article ([Volatile composition and antimicrobial activity of twenty commercial frankincense essential oil samples](#))

appearing in the *South African Journal of Botany* reports on the investigation of 20 commercially available frankincense oil preparations obtained from herbal shops and pharmacies. This should be important to you because the chemical composition of the frankincense essential oil you purchase will determine its pharmacological activities (what it can do for you).

The researchers analyzed the samples using gas chromatography coupled to a mass spectrometer with other equipment. This enabled them to identify the compounds and their percentage composition. The results showed that the major components of frankincense essential oil and the range of their composition to be as follows:

- α -pinene (2.0–64.7%)
- myrcene (1.1–22.4%)
- sabinene (0.5–7.0%)
- β -caryophyllene (0.1–10.5%)
- [limonene](#) (1.3–20.4%)
- α -thujene (0.3–52.4%)
- p-cymene (2.7–16.9%)
- β -pinene (0.3–13.1%)
- β -caryophyllene-oxide ($\leq 6\%$)
- α -Copaene ($\leq 4.5\%$)
- α -humulene ($\leq 4.5\%$)
- δ -cadinene ($\leq 4.5\%$)

At this time there is no agreed upon industry standard on the composition of frankincense oil. So, you must judge the quality of the oil supplied by how it affects you. This will remain a problem until there is agreement among the main suppliers of the oil.

Cautions

Taking frankincense essential oil internally may be toxic and isn't recommended.

Frankincense essential oil may cause skin irritation. Test frankincense essential oil on a small skin patch before using it in a general massage.

Pregnant or nursing women and children should use frankincense essential oil only after consulting their health care providers.

Something that has been used for thousands of years in the realm of therapy and healing is aromatherapy; particularly, the use of essential oils. Essential oils are made from leaves, stems and roots of plants that are well-known for having health benefits. You may have heard of the essential oil frankincense, but do you know what it is or what benefits it holds?

This popular aromatherapy ingredient is used in cosmetics and in incense burners across the world.

Frankincense has many other properties that you can benefit from:

Benefits of Frankincense Essential Oil: Vulnerary – Wound Healing

When diluted, frankincense can be used on cuts and wounds to heal your injuries faster, as well as protect them from infection. Frankincense can even heal internal wounds by ingesting the oil.

Frankincense Essential Oil for Respiratory Issues

Frankincense can help soothe a bothersome cough and rid your body of phlegm. It can relieve congestion and help to relax your breathing passageways. Therefore, frankincense can reduce asthma attacks and boost your immune system with its antiseptics.

Benefits of Frankincense Essential Oil: Astringent – Contraction of Body Tissues

Frankincense oil has many cleaning properties that can be used to clean and strengthen the roots of your hair, lift your skin, strengthen your gums, and contract your muscles, intestines, and blood vessels.

Benefits of Frankincense Essential Oil: Immune System

Frankincense is very effective in killing germs. The smoke and fumes from burning the frankincense plant can even kill germs and disinfect the air where it touches.

Benefits of Frankincense Essential Oil: Carminative – Relieves flatulence

Frankincense can even help to remove gas from your body and prevent it from building up in the first place. When gas is removed from your intestines, you will also experience relief in stomach issues such as indigestion, uneasiness, abdominal pain, and excessive sweating.

Frankincense Essential Oil as a Tonic – Gives a Feeling of Vigor or Wellbeing

Frankincense oil is considered a tonic, as it tones and increases your overall health. All your major systems within your body benefit from this essential oil, including the digestive system, excretory system, respiratory system, and the nervous system.

Benefits of Frankincense Essential Oil: Cicatrisant – Cell Regenerative

Frankincense oil is especially helpful in skin health and anti-aging properties. When applied to the skin, or inhaled, frankincense can fade scars, boils, acne, and pox quickly.

Frankincense Essential Oil for Digestion

This essential oil can even help in the way your body's digestive system works without any ill side-effects. Frankincense speeds up the release of gastric juice, bile and acids in your stomach and helps to move food throughout your intestines.

Frankincense Essential Oil for Oral Health

The same characteristics of frankincense that keep your body free of infection can even help in your oral health. It can fight bad breath, mouth sores, toothaches, cavities, and any other oral infections.

Frankincense Essential Oil for Emmenagogue – Increases Menstrual Flow

Frankincense oil can help to delay menopause from occurring. It can even help to reduce symptoms of menses and Post-Menstrual Syndrome. These can include: nausea, fatigue, mood swings, and pain in the abdominal region.

Frankincense Essential Oil for Anti-Aging

Frankincense helps with creating healthy cells within your body, as well as keeping the existing cells and tissues healthy.

Frankincense Essential Oil as a Diuretic

Since frankincense oil increases your urination and helps you to lose water weight, it is a great diuretic. It also helps rid your body of fat, sodium, uric acid, and other toxins, all while lowering your blood pressure. Again, this oil provides these benefits without any ill side-effects.

Frankincense Essential Oil for Stress and Anxiety

Frankincense oil even provides you with a feeling of peace and relaxation. Therefore, it is very helpful in treating stress

and anxiety. It can even help you to become more insightful.

Frankincense Essential Oil for Uterine Health

A little-known fact about frankincense is that it can help your body to produce estrogen. It also can decrease the chances of tumors or cysts from forming in your uterus. Therefore, it is an effective tool against uterine cancer.

Other Benefits

Frankincense can help with pain and discomfort caused by arthritis. It can also heal wounds, boils, acne, insomnia, circulation issues and other types of inflammation.

It is important to note that frankincense essential oil should not be used at any point during pregnancy, as it acts as an emmenagogue and an astringent.

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