

# FRANKINCENSE

**Latin Name:** *Boswellia carteri*

**Botanical Family:** Burseraceae

**Other Common Names:** Pure Incense, Olibanum

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## Extraction Information

**Country of Origin:** Somalia, India, North Africa, Oman

**Part of Plant Used:** Resin

**Extraction Method:** Steam distilled gum, white resin

**Oil Content:** 3% - 9%

**Color of Oil:** Pale yellow, clear

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## Blending Information

**Odor Description:** Clean, Fresh, Earthy, Woody

**Blending Factor:** 3

**Note:** Base to Middle

**Energy:** Cooling, Uplifting

**Blends Well With:** Myrrh, Neroli, Cistus/ Rock Rose, Rose, Mandarin, Lavender

**Indicated For:** Mature skin, wrinkles, scar tissue, postoperative wound healing (once sutures are removed), eczema, acne, inflamed skin conditions, blackheads, hives, soothing to dry irritated skin.

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**Safety Information:** Due to its monoterpene rich content, there is a potential for oxidation of these components which could create skin sensitization issues. Best to store in refrigerator or in a cool space and ensure the cap is on securely.

**Contraindications:** None Known

**GRAS status:**

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## Botany:

*Boswellia sacra* is one of approximately 5 different species of frankincense. It is a deciduous shrubby small, much branched tree which can grow up to 25 feet. It is considered to be highly aromatic due to the resin contained throughout. The resin is extracted by deep incision into



the trunk of the tree. Frankincense grows in desert areas such as Somalia and the Arabia peninsula.

## History + Myth

The name “frankincense” is derived from old French, meaning “Pure Incense.” It has been revered by almost all Western religions including Judaic and Christianity. Hindus and Buddhists have employed Frankincense as incense for daily ritual and offerings. In Japan it has been incorporated into Shinto meditation and ritual. Frankincense has been highly prized and was one of the three gifts brought to Jesus upon his birth. Frankincense was once considered more valuable than gold. An extensive trade utilizing Camels to transport it was carried out along the Frankincense Train and the Silk Road. The ancient Egyptians used frankincense to make kohl, the black powder used by Egyptian women to paint their eyelids black. Modern use of Frankincense continues where in Saudi Arabia it is chewed as gum, used as a mouthwash and is the main ingredient on incense used at births, marriages, deaths, and daily prayer calls. Frankincense was used throughout the ancient world for embalming and as incense for religious ceremonies. In Chinese medicine, Frankincense is used in applications for tissue trauma, pain relief, to increase immunity, to support the respiratory system via its expectorant action and to act as an antidepressant. Queen Cleopatra’s extravagant use of Frankincense is legend. Frankincense is also referred to as Olibanum oil from the Latin “Oil of Lebanon.”

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## Therapeutic Actions

Antidepressant, **anti-inflammatory**, **antimicrobial**, astringent, antitussive, **anxiolytic**, balsamic, carminative, expectorant, **immune enhancer**, **nervine**, sedative, **vulnerary**

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### Chemical Feature:

Rich in terpenes & esters. (1)

### Chemical Composition

#### General Chemical Composition of *Boswellia carteri*

Chemical Family	Specific Components
Monoterpenes	$\alpha$ -phellandrene (2.13%), $\alpha$ -pinene (49.97%), $\alpha$ -terpinene (0.24%), $\alpha$ -thuyene (1.97%), camphene (0.92%), <b>d-limonene</b> (15.15%), $\alpha$ -cubebene (0.41%), para-cymene (4.58%), pinadiene (0.41%), sabinene (1.95%), trans- $\beta$ -ocimene (0.67%)
Sesquiterpenes	$\beta$ -caryophyllene (1.43%), $\beta$ -elemene (0.34%), $\delta$ -cadinene (1.80%), $\gamma$ -cadinene (0.24%), caryophyllene (0.79%), copaene (0.88%)
Monoterpene Alcohols	$\alpha$ -terpineol (1.19%), myrtenol (0.77%), terpinen-4-ol (0.90%)
Sesquiterpene Alcohols	cadinol (0.77%)
Esters	borneyl acetate (0.71%)

<http://www.stillpointaromatics.com/frankincense-carterii-essential-oil-aromatherapy?keyword=frankincense>

### Core Aromatic Applications:

\*The CO2 extract is rich in terpenes, sesquiterpenes, and sesquiterpene alcohols\*

**Lymph & Immune System:** reduced or compromised immunity (2)

**Musculoskeletal system:** swollen joints, muscular aches and pains, arthritis

**Respiratory System:** bronchitis, sinus congestion, asthma

**Skin:** mature skin, wrinkles, scar tissue, postoperative wound healing (once sutures are removed), eczema, acne, inflamed skin conditions, blackheads, hives, soothing to dry irritated skin.

**Psyche & Emotion:** Anxiety, tension, meditative, supports reflection and introspection, healing on all levels of spirit and emotion, stills the mind, inability to focus, spiritual consciousness, tranquility, wonderful oil to demonstrate mind-body connection, soothes the spirit

**Subtle/Energetic Aromatherapy:** Frankincense has been historically utilized for its powerful and profound effects on the psychological and spiritual well-being of those who use it for meditation, contemplation, and prayer. Frankincense is the oil to help alleviate feelings of worthlessness, self-destruction, anxiety, and despair. (3) Frankincense is useful for elevating an individual to a more spiritual, meditative place.

**Ayurveda:** Excess vata represented as anxiety, fear or dry conditions, soothing to prana vata, cools pitta

**Traditional Chinese Medicine:** In TCM, Frankincense can smooth the flow of stagnant Qi-energy. (4)

**Keywords:** Wound Healing, all around healer, calming, meditation

## Research/ Additional Notes:

Frankincense oil has exhibited a strong immune-stimulant activity (90% lymphocyte transformation) when assessed by a lymphocyte proliferation assay.

(5)

### Other Species of Frankincense

Genus and Species	Unique Chemistry	Therapeutic Benefits
<i>Boswellia frereana</i>	Rich in monoterpenes: a-pinene (40-80%), sabinene (0.5-21%), a-thujene (0-19.3%), limonene (0-17%), and other monoterpenes.	Useful for respiratory ailments, slight expectorant/decongestant, soothing to spasmodic coughs, antimicrobial, general antispasmodic, anti-inflammatory, soothing/relaxing
<i>Boswellia neglecta</i>	Rich in monoterpenes, specifically a-pinene and a-thujene and the alcohol, terpinene-4-ol	Benefits the lungs, decongesting, useful environmental antimicrobial, general antispasmodic, anti-inflammatory, soothing/relaxing, creates breathing space
<i>Boswellia papyrifera</i>	Rich in the ester, octyl acetate and sedative monoterpene alcohol, linalol.	Calming and soothing to the nervous system, use for skincare, relieves anxiety, reduces stress
<i>Boswellia rivae</i>	Rich in monoterpenes, specifically limonene (upwards of 28%), delta-3-carene, a-pinene, and p-cymene.	Benefits the lungs, decongesting, useful environmental antimicrobial, relieves anxiety, creates breathing space, sedative