

Frankincense

Boswellia carteri - Burseraceae

A genus of 24 aromatic trees or shrubs all parts of which are fragrant. Boswellia is a smooth barked tree yielding the sweet smelling gum olibanum, which is traditionally dried and burnt as incense. Deep incisions are made into the trunk and the resin, which exudes, hardens on exposure to air, further cuts are made and after about 3 months the resin is harvested. The trees thrive in dry, harsh desert regions.

Place of Origin

Somalia, Ethiopia, North Africa, Middle East

Part of plant used

Gum / resin

Method of Extraction

Steam distillation

Characteristics

Colour: Pale yellow-clear
Perfume notes: Base, middle

Yield

5%

BF
TR

3-5
D

Aroma

Chemical Composition

Esters	octyl acetate	% 0-52	Monoterpenes	alpha-pinene	% 3-45
				limonene	6-14
				myrcene	4-6
Monoterpenols	linalool	2-3	Sesquiterpenols	octanol	8-12

Properties:

Antidepressant, anti-inflammatory, cicatrisant, cytophylactic, expectorant, restorative, sedative, vulnerary, antibacterial, astringent, relaxing, emotionally warming, tonic

Precautions:

Non-toxic, non-irritant, non-sensitising.

One of the safest oils in aromatherapy

***Boswellia carteri* - Burseraceae**

Indications

Circulatory

Musculo-skeletal

Arthritis, rheumatism, muscular fatigue and stiffness

Digestive

Nervous

Anxiety, restlessness, agitation, convalescence, terminal illness, progressive degenerative conditions, melancholia, morbidity, grief, loneliness, stress related tension

Genito-Urinary / Gynaecological

Respiratory

Asthma, bronchitis, catarrh, relaxes diaphragm, deepens breathing

Immune System

Skin

Chapped Skin, cracked, dry skin, eczema, psoriasis, ulcers, mature skins, scars, stretch marks

Clinical Research

Effective against Staph. Aureus, E.Coli and Bacillus subtilis.

Psychological uses

Frankincense has been valued as an incense in India, China, Arabia and by the Catholic Church. It has been used in purification rituals throughout the centuries and its cleansing, restorative action can be used to help one come to terms with bereavement, trauma and psychological distress whatever the origin.

The relaxing, reassuring characteristics of frankincense make it invaluable for treating all states of stress and tension, calming and centering the mind, enabling a sense of acceptance and peace to prevail. It is a wonderful oil to use with elderly clients, helping them to enjoy the later years of life, peacefully.

Summary

Rejuvenating, healing, emotional support