



Name	Latin Name	Origin
Frankincense, Boswellia Carterii	Boswellia carterii	Somaliland
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$41.85	
Part of plant	Safety note	Conservation Status
Resin/gum	<ul style="list-style-type: none"> • Non-toxic, generally non-irritating, but can cause skin irritation if oxidized. 	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Monoterpenes rich 	<ul style="list-style-type: none"> • Analgesic • Anti-tumor • Anti-diabetic • Anti-inflammatory • Antioxidant • Skin cell regenerative • Promote overall skin health, especially in the healing of scars or minor topical injuries. • Excellent for headaches and tension in the neck muscles. • Used for muscle pain or trauma. • It can provide respiratory support as well helping to clear congestion and mucous. • Frankincense is a safe, gentle oil that is a great choice for people with sensitive systems, including children and the elderly. • Commonly used for elevated spiritual experiences such as within meditation or prayer. • Emotionally, frankincense essential oil can encourage emotional healing, support reflection and introspection, bring peace and calm, especially during meditation. • Used for anxiety, feelings of panic, deep rooted fears, nervousness, sleep problems, having difficulty letting go, grief, mourning, and existential crises. • Encourages transformation.

Synergy	Energetics
<p>The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.</p> <p>1st component synergy</p> <p>β-Pinene, β-phellandrene, d-limonene, β-myrcene (analgesic, antibacterial, antifungal, anti-inflammatory,</p>	

antinociceptive, antiobesity, antioxidant, antispasmodic, antitumoral antiviral, anxiolytic, chondroprotective, gastroprotective, hepatoprotective, immunostimulant, sedative, skin penetration enhancer, sleep enhancement, vasorelaxant) .

1st essential oil synergy combinations

black pepper, black pine, black spruce, cistus, cypress, dwarf pine, juniperberry, kanuka, labdanum, mastic, myrtle, Norwegian spruce, nutmeg, red pine, rhododendron, rosemary, Siberian fir, Scots pine .

2nd essential oil synergy combinations

bergamot, bitter orange, cannabis, cape may, combava peel, elemi, grapefruit, hops, lemon, lemongrass, lime, mandarin, palo santo, rosemary, sweet orange, white pine, yuzu.

2nd component synergy

α-pinene, para-cymene, β-caryophyllene (analgesic, anti-atherosclerosis, antibacterial, antifungal, anti-inflammatory, antinociceptive, antiviral, anxiolytic, cardioprotective, immunomodulatory, neuroprotective, vasorelaxant).

1st essential oil synergy combinations

angelica root, blackcurrant bud, combava peel, galbanum, hemlock, Norwegian spruce, ponderosa pine, red (Norwegian) pine, Scots pine, thyme, Thymus zygis, white pine .

2nd essential oil synergy combinations

balsam copaiba, cananga, sugandha, ylang ylang.

Potential psychological therapeutic solutions

Mood elevation, cognition enhancement, stress: bergamot, cananga, combava peel, coriander seed, dwarf pine, geranium, grapefruit, jasmine, lime, mandarin, neroli, ponderosa pine, sandalwood, Scots pine, Siberian fir, rose, rosemary, sugandha, ylang ylang .

Potential physical therapeutic solutions

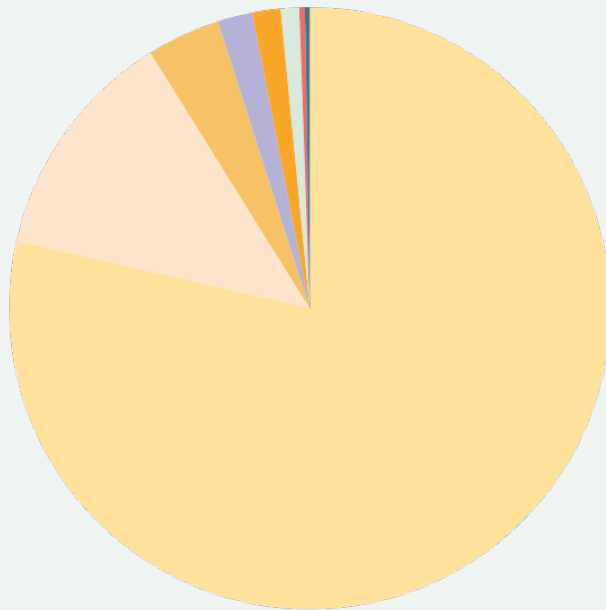
Immune support: black spruce, clove bud, ghandi root, lemongrass, lavender, mastic, myrrh, opoponax, palmarosa, patchouli, rosewood, palmarosa, Roman chamomile, thyme ct linalool, thymol or geraniol
Musculoskeletal inflammation, pain, arthritis, tension: angelica root, balsam fir, bergamot, black pepper, black pine, black spruce, cinnamon leaf, cistus, clove bud, combava peel, cypress, dwarf pine, elemi, juniperberry, lavender, lemongrass, mastic, Norwegian spruce, nutmeg, palo santo, red pine, rosemary, Scots pine, sugandha, sweet marjoram
Respiratory support, catarh, asthma, bronchitis: black spruce, cardamom, cypress, dwarf pine, eucalyptus blue gum, fragonia, ginger, hemlock, mastic, palo santo, rhododendron, rosalina, rose, rosemary, Scots pine, sugandha
Skin hygiene and inflammation: blackcurrant bud, cananga, galbanum, jasmine, myrrh, patchouli, rose, vetiver, violet leaf

References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon
Tisserand R, Young R. (2014) Essential Oil Safety 2nd

Scent Notes	Psychological rankings	Physical rankings		
Base	Meditative	3	Circulatory/Lymphatic	1
	Balancing	3	Respiratory	2
			Skin	3

Ingredient notes



Chemical families

monoterpenes	72.65%
ethers	11.58%
sesquiterpenes	3.65%
esters	1.73%
monoterpenols	1.4%
ketones	0.92%
sesquiterpenols	0.28%
oxides	0.23%

Complete chemical breakdown

monoterpenes

α-pinene	44.74%
limonene	8.54%
sabinene	4.66%
β-pinene	4.56%
myrcene	3.61%
p-cymene	1.89%
α-thujene	1.13%
d-3-carene	0.96%
camphene	0.71%
tricyclene	0.65%
β-ocimene	0.36%
γ-terpinene	0.32%

ethers

methyl decyl ether	11.58%
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terpinolene	0.27%
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b-phellandrene	0.25%
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sesquiterpenes

b-caryophyllene	0.91%
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b-bourbonene	0.66%
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thujadiene	0.62%
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α-copaene	0.54%
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d-cadinene	0.38%
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germacrene d	0.24%
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b-elemene	0.18%
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b-copaene	0.08%
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viridiflorene	0.04%
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monoterpenols

trans-pinocarveol	0.47%
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trans-verbenol	0.45%
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incensole	0.35%
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linalool	0.13%
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sesquiterpenols

guaiol	0.28%
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esters

octyl acetate	1.73%
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ketones

terpinenol	0.63%
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verbenone	0.29%
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oxides

1,4-cineole	0.23%
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