Elemi *(Canarium luzonicum)*

Has similar properties and uses as Frankincense; in fact, it is known throughout the world as the 'poor man's Frankincense'. Elemi is more 'citrusy' in aroma than Frankincense, but still has that distinctive spicy-peppery quality. Use it for chronic bronchitis, childbirth, dry coughs, infected cuts and gangrene, breast inflammations, allergic rashes, chapped skin, ulcers, and wounds. Elemi makes a wonderful addition to blends intended for skin care and rejuvenation - particularly for cuts with infection or even gangrene. Consider for use with breast or uterine infections. See Frankincense for additional uses.

Ingredient In: LcBalance, LcNo-More

Therapeutic Properties: Anti- catarrhal, anti-depressant, antiseptic, expectorant, calming

Application: May be used as a poultice or compress for infected areas and abscess; dilute and use as a massage oil, add to a bath, apply to appropriate areas of the feet, directly on area of concern

Aromatic: Pleasant when diffused, might be used in times of stress or mental exhaustion or to combat bronchial or sinus infections, often used during meditation to calm and center

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