

## QUICK REFERENCE SHEET

# FRANKINCENSE FREREANA

*Boswellia frereana*



Plant Family:  
Burseraceae



Extraction Method:  
Steam Distilled



Part Utilized:  
Resin



Region of  
Origin:  
Somalia

### THERAPEUTIC PROPERTIES:

There is very little information in the literature to distinguish Frereana from its cousin, Carterii. The general opinion is that the two species are very similar in therapeutic properties, although their aromas differ quite a bit. It is recognized that the gentler Frereana is very good for skin care.

### AROMATIC CONSIDERATIONS:

Frankincense Frereana's aroma is similar to Frankincense Carterii, but it has a delightful balsam undertone with just a hint of Lemon. Frankincense Frereana is lower in thujene. The missing thujene leaves Frereana with a softer, sweeter aroma that is quite appealing.

### APPLICATION:

Frankincense Frereana can be applied to any area of the body. This variety is particularly nice diffused.

### INGREDIENT IN:

LeAboutFace

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The keynote of Frankincense Frereana is the calming and centering effect it has on the energy grid of the body. Frankincense Frereana is said to enhance and balance the spiritual aspects of an individual more so than the Carterii or Serrata varieties. It is the Frankincense of choice for religious ceremonies in many Arabic countries. Frankincense Frereana is useful in treating stress, tension, depression, and other nervous disorders.

### PHYSICAL ASPECTS:

Frankincense Frereana improves immune system function, partially because of its antibiotic properties and partially because it raises the overall frequency of the body. Frereana's other therapeutic properties seem to be similar to Carterii.

A science journal published by the U.S. National Library of Medicine, National Institute of Health reports, "We have demonstrated that *Boswellia frereana* prevents collagen degradation, and inhibits the production of pro-inflammatory mediators. Due to its efficacy, we propose that *Boswellia frereana* should be examined further as a potential therapeutic agent for treating inflammatory symptoms of arthritis."

### GENERAL INFORMATION:

The Frereana variety of Frankincense grows in the high mountain regions of Somalia. In Somalia and Arabia, Frereana is considered the "King" of all the *Boswellia* species.