QUICK REFERENCE SHEET

FRANKINCENSE SACRA

Boswellia sacra

Plant Family: Burseraceae

Extraction Method: Steam Distilled

Part Utilized: Resin

Region of Origin:

Oman

AFFINITY FOR:

skin care, respiratory system, digestive system, anti-imflammatory, immune system, cellular structure and strength

THERAPEUTIC PROPERTIES:

tonic, stimulant, expectorant, antidepressant, antiseptic, revitalizer, anti-catarrhal, anti-turmoral

AROMATIC CONSIDERATIONS:

Frankincense Sacra is sweet, light, and has almost a floral aroma. Egyptians used it as a perfume, and is still used in popular perfume brands.

APPLICATION:

Apply anywhere on the body, add to a bath, excellent added to lotion and applied to the face, diffuse for a calming, uplifting fragrance.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Frankincense Sacra is wonderful for meditation. It is very calming and grounding. It is said to be helpful for working through feelings of worthlessness and finding one's value. It is helpful for abandonment issues, feeling unprotected or disconnected.

PHYSICAL ASPECTS:

All Frankincense varieties have a reputation worldwide for crossing the blood/brain barrier, carrying oxygen and nutrients to the pineal and pituitary glands. Frankincense is useful for circulation problems, lung complaints, skin disorders, and any conditions that are made worse by nervous tension or emotional trauma.

GENERAL INFORMATION:

Frankincense trees grow in parts of the world that are extremely dry and sunny. Frankincense is considered a sacred substance among many ancient and modern cultures. It is used for cleansing and protecting the auric field, and grounding oneself. Frankincense Sacra is widely believed to be the variety of Frankincense described in the Bible.

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