QUICK REFERENCE SHEET

FRANKINCENSE SERRATA

Boswellia serrata

Plant Family: Burseraceae

Extraction Method: Steam Distilled

Part Utilized: Resin

Region of Origin:

India

AFFINITY FOR:

digestive system, respiratory system, immune system, skin, urinary tract, circulation, cellular structure and strength, all chakras, all meridians

THERAPEUTIC PROPERTIES:

tonic, expectorant, antiseptic, analgesic, antiarthritic, revitalizer, anti-tumoral

AROMATIC CONSIDERATIONS:

Frankincense Serrata is slightly less mellow and balsamic than Frankincense Carterii. Many people prefer Serrata because, they say, it has a freshness about it that is lacking in Carterii. Frankincense, diffused, can help us develop a better attitude. When we have a better attitude, we have a stronger immune system.

APPLICATION:

Frankincense has been applied to the body for centuries. It has stood the test of time as a healing oil.

INGREDIENT IN:

LeAboutFace, LeFaith, LeJourney, LeUplift

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

This Frankincense relieves feelings of bitterness, skepticism, and cynicism. It promotes forcefulness of spirit, gives energy, and strengthens the will to live. This oil can help us to be more warm-hearted and generous.

PHYSICAL ASPECTS:

There is a lot of scientific data around the world indicating that the anti-inflammatory properties of resin oils (Frankincense is a resin oil) are useful to inflammatory diseases such as Crohn's disease.
Preliminary studies conducted by medical research teams are also promising for shrinking tumors, particularly those in the brain. The studies are being conducted using the isolated single components of the Frankincense oils. These studies apply equally to the Carterii and Serrata varieties. Experience and understanding would indicate that Frankincense, whole and undamaged by laboratory procedures, would be even more effective. This is certainly the reputation that Frankincense has enjoyed for generations.

GENERAL INFORMATION:

Boswellia serrata is quite similar to Boswellia carterii. This is a fairly new oil in the essential oil market and few comparison studies have been conducted.

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