Elemi

Elemi is known throughout the world as “poor man’s frankincense.” Elemi has more of a citrus aroma than does frankincense, but elemi has the distinctive spicy/ peppery tone of frankincense. Elemi is often diffused during meditation or energy work sessions to aid in visualizations. Elemi should be diffused in times of stress or mental exhaustion. Elemi lifts the spirits and provides the energy and desire to seek out better things and more uplifting experiences. The aroma of elemi encourages compassion and a desire for going beyond the ordinary in serving others.

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