



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

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Welcome to our new newsletter - *Learn with Lianne*. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

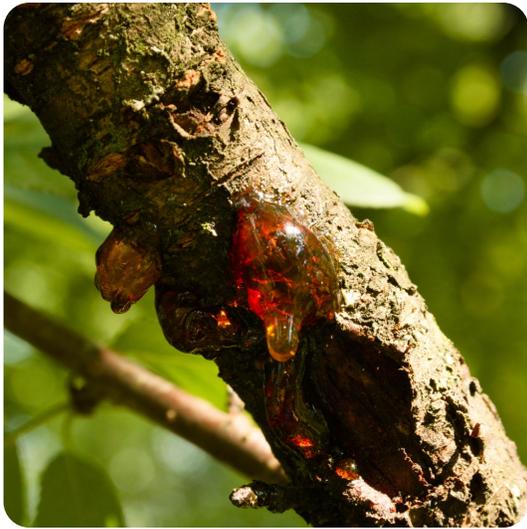
FRANKINCENSE ESSENTIAL OIL

Frankincense. Frankie. Frank. Oh, how we love thee. This ancient and spiritual oil really is one of the most amazing oils. From skincare to congestion to urinary issues to calming the central nervous system, this delightful oil can do so much.

Frankincense oil is derived from the hardened gum or resin from the *Boswellia* species of trees (many call this gum the tears). There are a number of *Boswellia* trees that produce oils, ours being *Boswellia carterii* from Somalia.

There has been a lot of research done with Frankincense, particularly around its use in cancer treatment. Most of the research relates to boswellic acid that is found in the resin, but does not pass through the distillation process. The molecules are too heavy to be volatile for steam distillation. You can find many people on the internet saying Frankincense oil "cures" such disease, however we know that the science tells us differently. All that said though, it has many strengths including being wonderful as a respiratory support, immune stimulant and support for depressive disorders.

Frankincense is definitely one oil you can NOT do without.



Did you know

- It takes approximately 100kgs of raw material to produce 1 kilogram of Frankincense essential oil.
- The resin is graded by colour. The lighter the colour of the resin, the higher quality of the oil. The darker resins are of lower quality.
- The harvesting of the resin is usually done between September to December.
- The solid sap is collected by hand on an approximately 3-week cycle by the men of the village, with the ladies sorting and grading the resin.
- The resin is dried out, then ground up before being steam distilled to produce the oil.
- Frankincense is still used in religious and spiritual practices

Uses

- Soothing
 - Quietens the mind
 - Balances and preserves the skin
 - Helps regulate heavy menstrual flow
 - Helps loosen mucus in the lungs
 - Reduces stress
 - Brings stability if feeling vulnerable
 - Slows the breath and breathing
- 



Frankincense tree

Frankincense

Frankincense is a must-have for your skincare routine. It can help keep wrinkles at bay and smooth out some of the existing ones. It's just one of the amazing ingredients in our [Beauty Pack](#), our [Day Crème](#) and our [Night Serum](#).

Need protection of your space and your worries, then [Frankincense](#) is what you need. As Jennifer Jefferies points out, Frankincense can protect you and your space from worries, overwhelm and anyone or anything that drains your energy. I'm sure we can all use a bit of that during these times.



Need to chill out, try this lovely diffuser blend

Are you a Frankincense fan? What is your favourite use for it? Let us know, and share your learnings in the Facebook group.

Make sure to follow us on all the social platforms. Like, share, and comment as much as you like. The more you do the wider audience we reach and the more people we can help with our gorgeous essential oil range.

Business Facebook

<https://www.facebook.com/amazingscentsaromatherapy/>

The Secret Oil Garden (private group but you are welcome to join)

<https://www.facebook.com/groups/2028287724106750>

Instagram

<https://www.instagram.com/amazingscentsaromatherapy/>

Pinterest

<https://www.pinterest.com.au/amazingscentsaromatherapy/pins/>

TikTok

Coming soon

Got something to share or want to learn about?

Email us at socialmedia@amazingscents.com.au and we will share your stories in future editions of our newsletter.



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