



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

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 - A DIFFERENT PERSPECTIVE

I have already done a previous newsletter on the magnificence of Frankincense back in February. But there is so much more I wanted to share with you, in particular my love for this oil.

I confess; I have had a 27-year love affair with Frankincense!

It began with adding a few drops to a carrier oil to make my very first night serum. I vividly remember the trepidation as the drops went in. Would I be allergic? My skin was so sensitive that I added one oil at a time in case I reacted. Of course, I didn't or else the love affair would never have begun.

Why did I choose this majestic resinous oil? For many reasons, but the main one was that the ancient Egyptians were rumoured to have used Frankincense, Myrrh and various oils and fats (cedarwood oil, ox fat and ointments) as a religious ceremony between the end of embalming and the beginning of wrapping the mummies. It was said to preserve the skin and I figured that if it worked on a dead body, it must do some pretty spectacular things on a live one!

The first photo is on my 30th birthday and the second was taken just prior to my 111th birthday (it was really my 59th but please don't tell anyone). You have to admit that I look pretty amazing for a 111-year-old! It's a long story but my age became a bit of a joke many years ago and in 2008 I received a letter from Queen Karina to celebrate my 100th birthday.



Frankincense resin (not oil) was used in the past for a variety of purposes and many of those are still used today. It's perhaps best-known use is to create a permeating scent by burning crystalized pieces during rites of passages such as weddings, childbirth, and funerals.

I have vivid memories of the priest shaking the Frankincense resin pyre at my grandfathers funeral and even now, 55 years on, the smell of Frankincense takes me back. It is a good memory as Pop was so ill and it was a blessing when he went, so luckily I have a good smell memory link.- not a love of the smell but a definitely like.

I must confess that prior to Amazing Scents, I was an avid smoker. I have always excelled at everything I put my mind to and I have to say - I was great at smoking. I had my first smoke at 7 as my brother was trying it out and thought if I was a partner in crime, then I couldn't dob him in. He never excelled at it and soon gave up and I went on to become a world champ - 40 a day up until Amazing Scents was born.

Upon opening the company, I felt like a hypocrite - teaching people about health and partaking in cigarettes and so I stopped. Just like that - a simple decision 37 years later. I often wonder what my skin would be like without oils like Frankincense, Rose, Geranium, Mogra, Violet Leaf, Neroli, Carrot seed and Immortelle, that I rotate through my day cream and night serum. I certainly can see a difference when standing next to my peers and I feel so proud when I see what my knowledge of skin has done for my daughter.

So you see, I feel it is my duty to share the love around. To give you the opportunity at whatever age you are, to fall in love with Frankincense and all the skincare we teach you to make - you will never regret it - I promise.



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Never look back with regret - make the most of nature now.

Do you use our skincare?

Have you been using Frankincense in some amazing blends that you would like to share?

Or do you have a story that would warm our hearts?

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

Remember to follow us on [Facebook](#) and [Instagram](#), and like, comment and share our content with your friends, family and local community.



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