

Frankincense

Emotions	calming, relaxing, soothing
Uses	abrasions, abscess-external/weeping, acne-scarring, anxiety , arthritis-rheumatoid, asthma, bed sores, bronchitis, bronchitis-w/congestion, burns (mild), calming, cancer supportive, carbuncles, catarrh , chills, chilliness, circulation problems, cirrhosis of the liver, clods/flu, cold/cough-baby, congestion, coughs , coughs-spasmodic , coughs-voice loss, cystitis, depression, diarrhea, digestive problems , eczema-weeping, exhaustion-physical, fatigue-mental, fear , fibrositis, genitals-male-mucus discharge , gonorrhea effects , grazes, hair-dandruff , hair-dry , hemorrhoids , hyperventilation , indigestion/dyspepsia , insomnia-nightmares , irritability , kidney inflammation , jet lag, laryngitis , meditation aid, menstrual bleeding-excessive/menorrhagia , menstrual pain/dysmenorrhea, mental tiredness, mood swings , mucus congestion, muscle-ache, muscle-spasm, nervous exhaustion/fatigue , nervous tension, nose bleed , pain relief, PMS, pregnancy-post natal, relaxing, respiratory problems, scars, skin care, skin-aging , skin-cracked , skin-dry, skin-inflamed, skin-itchy , skin-normal, skin-oily , skin-rejuvenating , skin-slack, skin-wrinkles , stress , throat-burning sensation, throat-irritated , tonic , tonic-uterine , urinary tract infection , vaginal discharge , wounds
Properties	analgesic, antibacterial, antidepressant, anti-inflammatory, antiseptic , astringent , balsamic, calmative, carminative, cicatrizant, cytophylactic, digestive, diuretic, emmenagogue, expectorant , sedative , tonic, uterine, vulnerary
Constituents	Pinene, dipentene, limonene, thujone, phellandrene, cymene, myrcene, terpinene, octyl acetate, octanol, incensole
Scent/Note/Viscosity	warm, sweet, balsamic, spicy, incense like; base note; pale yellow-green in color; watery viscosity.
Best Mixed With	Bergamot, Black Pepper, Cinnamon, Clary Sage, Cypress, Geranium, Grapefruit, Lavender, Lemon, Mandarin, Orange, Palmarosa, Patchouli, Pine, Sandalwood, Ylang Ylang (Basil, Camphor, Coriander, Galbanum, Mimosa, Neroli, Rose Maroc, Rose Otto, Vetiver)
Warning	None

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