



Frank (as I like to affectionately call it) is one of the premier oils we offer.

Remember how the three kings brought Gold, Myrrh and FRANKINCENSE?



Yeah, it's as valuable as gold!!

This is an expensive oil on its own, which is part of why the Premium Starter Kit is such a good deal!

Have a favorite facial lotion? No problem - no need to get something new. Simply add 5-6 drops to your lotion to scars, stretch marks, and wrinkles

Wart Away

In a roller bottle combine 20 Drops each: Oregano, Frankincense, Lemon, melrose, Thieves, Tea Tree, Carrier Oil. Apply to wart 3-4 times daily.

Massage Oil

Frankincense is known for its anxiety and stress relieving properties. What better way to bring out the best in Frank than using it with a massage?!?!

1/4 cup Jojoba Oil (cold pressed)
2 drops Lavender Essential Oil
2 drops Peppermint Essential Oil
5 drops Frankincense Essential Oil

Or

1/4 cup Jojoba Oil (cold pressed)
2 drops Lavender Essential Oil
2 drops Geranium Essential Oil
5 drops Frankincense Essential Oil

Make your massage oil two or three days before the planned massage.

Place ingredients into an amber or cobalt bottle large enough to hold the oil. Cap the bottle and mix ingredients by gently shaking.

After 24 hours, uncap bottle and give it the sniff test. If the fragrance is too strong for your taste, add 1 to 1.5 tablespoons more carrier (jojoba) oil. Again shake gently.

#oilforthat



Use to reduce severity of headaches. Layer with Peppermint, Panaway, or Deep Relief. Try a drop under your tongue!

Pimple Solutions

1. In a roller, combine three Drops Frankincense, two Drops Lavender, and one Drop Tea Tree. Roll on troublesome spots.
2. Aply undiluted to scars or acne to reduce inflammation and appearance.

Busting Crud

In a roller combine 30 Drops Frank, 12 Drops Ravinstsara, 10 Drops Clove, 8 Drops Myrrh, and 4 Drops Sage. Fill with carrier oil.

Rub all over chest and up neck to help clear chest congestion.

Eczema Cream

In four ounces of lotion or carrier combine 10-15 Drops Melrose, 10 Drops Patchouli, 5-8 Drops Frankincense, and 2 Drops Tea Tree.

Rub on affected area. Follow with rose ointment on open scratches to seal medicinal properties.

Lotion Base: ½ lb. Shea Butter, 8 oz. almond or grapeseed oil, 4 oz. coconut oil. Whip together.

...if it's good enough for baby Jesus...