

dōTERRA

# Frankincense



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# Introduction

## The Enchanting Power of Frankincense

Imagine walking into a room filled with the warm, spicy, and herbal aroma of Frankincense. An aroma that feels like coming home, wrapping you in a sense of contentment and safety. This scent, reminiscent of cozy nights in and moments of pure tranquility, has enchanted people for millennia.

Frankincense, often hailed as the King of Essential Oils, holds a place of honor that few other substances can claim. Its rich, inviting fragrance was once more precious than gold, gifted to kings, and revered in sacred ceremonies. Throughout history, Frankincense has been a symbol of luxury, spirituality, and healing.

Today, the allure of Frankincense remains as potent as ever. This essential oil is treasured not just for its captivating scent but for its incredible benefits. It beautifies the skin, promotes cellular health, supports a healthy inflammatory response, and much more.\* As you delve deeper into the story and science of Frankincense, you'll discover why this timeless treasure continues to be a precious resource in our modern lives.





## Chapter 1

# The History and Origins of Frankincense

Frankincense has held an esteemed place in human history for thousands of years. This sacred resin was first used by ancient civilizations for the most important and revered practices. One of the earliest recorded uses of Frankincense was in religious rituals by the Babylonians and Assyrians, who burned the resin during ceremonies to invoke contemplation and meditation. The ancient Egyptians, known for their profound love of aromatic substances, used Frankincense in perfumes and salves to soothe and rejuvenate the skin, making it an integral part of their daily and spiritual lives.

In biblical times, Frankincense was considered so valuable that it was one of the gifts brought by the Magi to the newborn Jesus, symbolizing divinity and the sacred. This gift highlighted its importance and worth, equating it with gold and other precious items. Frankincense's role in

religious ceremonies continued for centuries, with its use in incense and anointing oils becoming central to many spiritual practices. Its soothing aroma was believed to carry prayers to the heavens, creating a bridge between the earthly and the divine.

The source of this treasured resin is the Boswellia tree, which grows in some of the harshest environments on earth, such as the arid regions of the Arabian Peninsula, northeastern Africa, and India. These hardy trees produce a resinous sap when their bark is cut or scored. The milky-white resin hardens into what is known as "tears" and can be harvested for hundreds of years if the trees are properly cared for. This labor-intensive process of harvesting Frankincense, combined with its long-standing spiritual and medicinal uses, elevated its value to greater than that of gold in ancient times.



As trade routes expanded, Frankincense became a highly sought-after commodity, traveling from the Arabian Peninsula to distant lands including Greece, Rome, and China. Its worth was so great that it was used as currency in some cultures. The demand for Frankincense also sparked exploration and led to the establishment of extensive trade networks, bringing wealth and prosperity to those who controlled its supply. This ancient trade of Frankincense played a pivotal role in connecting civilizations and fostering cultural exchanges.

Today, Frankincense remains a cornerstone in both traditional and modern wellness practices. It continues to be highly valued for its benefits and rich, complex aroma. In the contemporary world, Frankincense is cherished not only for its historical significance but also for its ability to support skin health, enhance meditation practices, and promote overall well-being.

The legacy of Frankincense, from ancient rituals to modern wellness, underscores its enduring significance and timeless appeal. Just as in its treasured past, Frankincense essential oil is highly valued in the dōTERRA community and continues to be one of the most popular essential oils in our modern day.



# Chapter 2

## Quality and Testing

### What Goes into Making High Quality Frankincense Oil?

The effectiveness of Frankincense essential oil hinges on its purity. Contaminated or synthetic oils can undermine its benefits and pose health risks. dōTERRA's CPTG Certified Pure Tested Grade® protocol ensures every batch of Frankincense undergoes thorough examination and third-party testing. This rigorous process guarantees that no fillers, synthetic ingredients, or harmful contaminants are present. Furthermore, dōTERRA puts all its products and packaging through extensive testing to ensure a long, effective shelf-life.

dōTERRA's testing process involves three rounds: initial chemical composition review post-distillation, a second round of tests to ensure that the Frankincense oil distilled and tested in the first round matches the oil received at the dōTERRA facility, and a final check before bottling.

Each test confirms that dōTERRA essential oils are free of contaminants, ensuring no unexpected alterations occurred during production. By adhering to these standards, dōTERRA can ensure the purest, most effective Frankincense essential oil, allowing you to fully experience its natural benefits.



### The Three Steps of CPTG Testing:

- 1 Initial chemical composition review (post-distillation)
- 2 Additional testing to match the initial oil with the received oil at dōTERRA's facility
- 3 A final check before bottling

With pure Frankincense essential oil at your fingertips, you can take full advantage of the powerful benefits it has to offer. Finding a pure bottle of Frankincense is the first step toward really reaping the rewards of this powerful oil.

# Chapter 3

## The Science Behind Frankincense

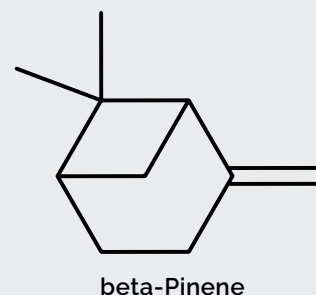
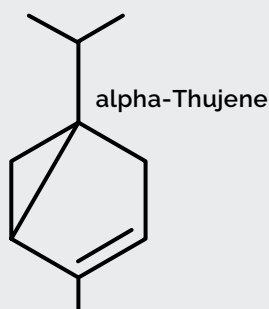
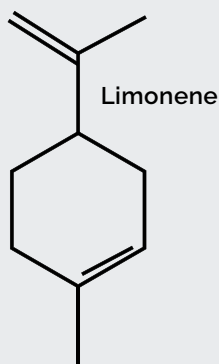
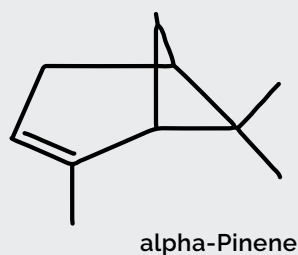
Derived from the resin of *Boswellia* trees, Frankincense essential oil is a marvel of nature's chemistry. The process begins with carefully scoring the bark of these trees, allowing the resinous sap to bleed out and form tears. These tears are then collected and distilled to produce the essential oil. The resulting oil is a complex blend of monoterpenes, including alpha-Pinene, Limonene, alpha-Thujene, and beta-Pinene. This unique chemical composition is responsible for Frankincense's wide range of benefits.

The unique chemical constituents contribute to Frankincense essential oil's renewing effects when applied topically and ability to support diverse cells in the body when taken internally.\* The monoterpenes also contribute to the aromatic benefits of Frankincense essential oil, including its ability to promote a relaxing environment and a space for focus.

The chemical composition of Frankincense helps provide internal benefits as well. Frankincense may support a healthy digestive system when ingested\* and supports smooth, healthy skin. Additionally, according to pre-clinical research, Frankincense essential oil may promote healthy cellular function when taken internally.\*

Recent human trials now confirm these benefits extend beyond lab models. Clinical data shows measurable support for skin health, mood, cognitive resilience, and inflammatory response balance in real-world settings.

### Main Chemical Components of Frankincense



"Prized throughout the centuries for wellness and its aromatic properties, frankincense resin produces a unique essential oil chemistry that has some of the most common constituents (e.g., alpha-pinene and limonene) and very uncommon diterpenes (e.g., incensole, incensyl acetate, serratol). This unique chemistry makes frankincense an extremely versatile essential oil with many uses and benefits.

Preclinical research has revealed some of its properties and mechanisms, including aids cellular health and immune tolerance, supports a healthy inflammatory response, contributes to a relaxed atmosphere, promotes healthy antioxidant activity, and improves the appearance of the skin. Once you experience dōTERRA's Frankincense essential oil, you'll know why it is nicknamed "the king of oils."

—Dr. Scott Johnson, Director of Research + Substantiation at dōTERRA



## Chapter 4

# Benefits of Frankincense—a Look at the Research

While early laboratory research provided strong insights into the effects of Frankincense oil on skin cells and the inflammatory response, recent human clinical trials (see Chapter 6) now validate these benefits in real-life use. They used a special method called the BioMAP® dermal fibroblast system, which helps researchers see how cells behave in a laboratory setting.

The BioMAP system mimics the body's response to inflammation by adding specific factors to cultured skin cells, causing them to react as they would in the body. Some of these pre-inflamed skin cells were treated with Frankincense essential oil, while others were left untreated for comparison.

Researchers then broke open the cells from both groups to analyze their contents. They used a test called an enzyme-linked immunosorbent assay (ELISA) to measure specific proteins known to increase during inflammation. The study found that cells exposed to Frankincense had much lower levels of three key biomarkers—interferon gamma-induced protein 10 (IP-10), collagen III, and intracellular cell adhesion molecule 1 (ICAM-1)—compared to untreated cells. These proteins are involved in inflammation and

tissue remodeling, meaning they play a role in how the skin heals and regenerates.

Additionally, the study found slightly lower levels of other proteins involved in tissue remodeling and significant reductions in cell proliferation (the process by which cells multiply) in the Frankincense-treated cells. This means that Frankincense essential oil may help reduce excessive cell growth and promote healthier skin cell activity.

The researchers also used RNA microarray analysis, a technique that measures the levels of different messenger RNA (mRNA) transcripts. mRNA carries genetic instructions from DNA to the cell's protein-making machinery. By measuring the levels of various mRNAs, scientists can estimate the levels of corresponding proteins. In this study, the analysis showed that Frankincense essential oil significantly influenced genes related to inflammation, wound healing, and immune response.

Taken together, the results from these experiments suggest that Frankincense essential oil supports a healthy immune response, promotes overall skin health, and supports a healthy inflammatory response in skin cells.\*



# Chapter 5

## Incorporating Frankincense Products into Your Daily Routine

Incorporating Frankincense essential oil and Frankincense-infused products into your daily routine is incredibly simple and rewarding. Despite its ancient origins, Frankincense is still a valuable tool in our modern day. For anyone committed to a wellness lifestyle, this timeless essential oil offers a versatile range of applications.

Whether you're diffusing it to create a calming atmosphere, adding a few drops to your skincare routine for a youthful glow, taking advantage of the internal benefits, or using it in meditation, Frankincense seamlessly integrates into daily life.

While Frankincense has impressive historical uses, the days of using Frankincense are not over! Its profound benefits, cherished for centuries, continue to provide support for everyday life. Keep reading for a deeper look at how you might incorporate this powerful essential oil into your routine.

Let's begin with a look at the powerhouse that started it all—Frankincense essential oil.

### Frankincense Essential Oil

#### *What's In Frankincense Essential Oil?*

dōTERRA Premium Frankincense essential oil is a proprietary blend of resins from multiple species of *Boswellia* trees.

#### *What are The Benefits of Frankincense Essential Oil?*

- May help support healthy cellular function when used internally\*
- May promote healthy cell cycles when used internally\*
- May support healthy inflammatory response when used internally\*
- Helps to maintain healthy skin when applied topically
- Reduces the appearance of blemishes and rejuvenates the skin when applied topically
- Provides a warm, spicy, herbal aroma that is comforting, relaxing, and uplifting

#### *How to Use Frankincense Essential Oil*

##### **Internally**

- Take 1–2 drops under your tongue and swallow
- Add 1–2 drops in a veggie capsule
- Dilute one drop in 4 fluid ounces of liquid





## Topically

- Add to face moisturizer to reduce the appearance of blemishes and to rejuvenate the skin
- Use Frankincense essential oil with Myrrh essential oil and massage into skin to soothe muscle stiffness
- Make a DIY Razor Relief Skin Serum with ½ cup Fractionated Coconut Oil, ¼ cup rosewater, 5 drops Frankincense oil, 5 drops Lavender oil, 5 drops Tea Tree oil, 5 drops Helichrysum oil, and 5 drops Myrrh oil. Combine all ingredients in glass spray or pump bottle. Apply to affected skin.
- Apply 1–2 drops of Frankincense oil with hand lotion to help hydrate and rejuvenate dry skin
- Place a drop of Frankincense oil on your nail and rub it around the cuticles and edges of fingernails to leave nails looking healthy and strong even in the driest locations
- Apply Frankincense oil to the bottom of your feet to dispel negative feelings such as stress
- Treat tired hands and feet with a Frankincense oil massage that will have them feeling and looking rejuvenated. Apply a couple drops to feet and hands and massage into skin

- Cleanse and nourish skin with an easy DIY Clay Facial Mask. 2 tsp bentonite clay, 2 tsp apple cider vinegar, 1 drop Frankincense oil, 1 drop Lavender oil, 1 drop Tea Tree oil. Combine clay and vinegar in a bowl and stir until well combined. Add essential oils. Apply to clean skin, avoiding the areas around eyes and mouth. Let dry for 5–15 minutes, then rinse with warm water and follow with moisturizer. For best results, apply this mask to your skin once a week and enjoy that continual fresh facial glow.

## Aromatically

- Frankincense oil blends well with citrus oils like
- Lime, Lemon, and Wild Orange, and other oils such as Cypress, Lavender, Geranium, Rose, Sandalwood, Ylang Ylang, and Clary Sage for diffusion.
- Diffuse in the home or workplace to promote feelings of relaxation and to balance mood
- Diffuse while meditating or doing yoga to aid you in focusing your intention for the day
- Make a DIY Room Spray with Frankincense. Start by getting an empty glass spray bottle and putting in 15 drops of Frankincense oil, 15 drops of Grapefruit oil, and 30 drops of Douglas Fir oil. Top off the rest of the bottle with water. Spritz this spray on carpet, furniture, or in the air of any room you desire.
- Diffuse with other essential oils to create a unique aroma. Try this blend to fill your home with a warm and peaceful aroma: 1 drop Frankincense oil, 1 drop Sandalwood oil, 2 drops Grapefruit oil

## dōTERRA Frankincense Stick + Naio Wood

### *What Is It?*

dōTERRA Frankincense Stick + Naio Wood—a convenient, effective solution for topical application of Frankincense essential oil. This innovative, easy-to-use stick also includes Naio Wood essential oil, with optimized levels of alpha-bisabolol and bisabolol, to help deliver restorative topical benefits and promote the look of renewed and revived skin. Use daily to restore your skin, soothe minor irritations, and support the skin's natural barrier, promoting healthy looking skin. Enjoy rapid absorption, smooth application, and the powerful synergy of Frankincense and Naio Wood in a convenient delivery.

### *What's In the Frankincense Stick + Naio Wood?*

- Frankincense essential oil
- Naio Wood essential oil
- Bisabolol

### *What Are the Benefits of the Frankincense Stick + Naio Wood?*

- Restores skin
- Promote healthy skin cells
- Soothes minor skin irritations
- Reduces the appearance of skin imperfections
- Supports a healthy response to skin stressors
- Supports the skin's natural barrier
- Free from parabens, phthalates, and synthetic fragrances
- Applies smoothly without a greasy feeling and dries quickly

### *How to use the Frankincense Stick + Naio Wood*

- Apply topically to help reduce the appearance of skin imperfections.





# Chapter 6

## New Science on Frankincense Essential Oil

### *Human Clinical Trial Confirms Benefits for Skin, Mood, and Inflammatory Response*

Frankincense has long been celebrated for its skin benefits, calming aroma, and health-promoting properties when ingested. Until recently, much of the scientific literature supporting these claims left many questions unanswered.

However, a groundbreaking human clinical trial now confirms what generations of traditional use—and modern anecdotal experience—have long suggested: Frankincense essential oil works in powerful, measurable ways within the human body.\*

#### *Clinical Study Overview*

In a 30-day randomized, double-blind, and placebo-controlled trial, 123 healthy adults were given 130 milligrams (approximately 2.5 drops) daily dōTERRA® Frankincense essential oil (a proprietary CPTG® blend of *Boswellia carterii*, *frereana*, *sacra*, and *papyrifera*) orally. Researchers assessed biomarkers and quality-of-life measures across immune and emotional domains. Researchers also looked at how consuming the essential oil influenced gene expression.

#### *Key Findings*

- **Inflammatory Response Reduction:** Participants showed decreased levels of IL-6, which is a marker of inflammation related to regular daily activities, stress, and aging.\*
- **Emotional Resilience:** Participants reported increased emotional balance and mood stability, with improvements in subjective well-being.\*
- **Supportive Gene Modulation (studied in 62 of the participants):** Analysis of gene expression revealed significant changes in specific genes associated with supporting immunity, skin, cognition, and emotional resilience.

#### *Mechanism of Action*

We believe Frankincense essential oil may work by influencing several key cellular pathways. The research suggests it modulates immune signaling—including cytokine expression—helping the body respond to inflammation more appropriately. It also appears to impact the regulation of genes tied to collagen production and extracellular matrix remodeling, which supports tissue repair and skin structure. Additionally, changes in gene expression related to brain-derived neurotrophic factor (BDNF) suggest potential support for cognitive function and emotional resilience.\*

#### *Why It Matters*

This study is the first of its kind, demonstrating internal use of Frankincense essential oil can have whole-body effects, from the immune system to the mind.

"Frankincense doesn't just smell sacred. Its internal use helps your cells, skin, and nervous system remember how to function at their best.\*\*"

# Chapter 7

## Breakthrough Research on Boswellic Acid Complex

### *Human Clinical Support for Inflammatory System, Brain, and Detoxification*

dōTERRA Frankincense essential oil offers profound sensory and gene-expression benefits, and its partner supplement—Frankincense Boswellic Acid Complex—dives even deeper into the cellular and genetic terrain. In a first-of-its-kind study, researchers examined how this supplement influences the body's epigenome (gene expression) as well as key biomarkers for inflammatory response, detoxification, mood, hormones, and energy.

#### *Clinical Study Overview*

In a 30-day human clinical trial, 123 healthy participants took 2 Frankincense capsules—a supplement combining CPTG® Frankincense essential oil with concentrated boswellic acids (including 60% AKBA). Researchers evaluated the product's systemic impact using DNA methylation analysis (on 62 of the participants) bloodwork, and self-reported wellness tracking.

#### *Epigenetic Findings*

DNA methylation analysis showed changes in the expression of over 12,000 genes (in our previous epigenetic studies on other essential oils, we got just over 100 genes each), many of which are tied to key wellness systems:

- **Longevity & Cell Protection:** FOXO3, SIRT1, TP53
- **Cognitive & Emotional Health:** BDNF, DRD2, GDNF
- **Hormone Signaling:** CYP19A1, FSHR
- **Inflammatory Balance:** NF-κB, IL6, IL10
- These results suggest the Frankincense capsules may help the body optimize communication between critical systems—like the immune, endocrine, and nervous systems—by adjusting how genes are expressed.

#### *Clinical Blood Marker Findings*

In addition to epigenetic changes, the study reported statistically significant improvements in multiple blood biomarkers:

- **Liver Function:** Reductions in ALT, AST, and ALP suggest improved detoxification capacity

- **Kidney Function:** Increases in eGFR and balanced BUN levels point to enhanced fluid and filtration regulation
- **Inflammatory Signals:** Shifts in markers such as IL-6 indicate a healthier inflammatory response

#### *Proposed Mechanism of Action*

We believe the Frankincense Boswellic Acid Complex works in part through DNA methylation, a natural cellular process that adjusts how genes are turned up and down in response to lifestyle, environment, and supplementation. Rather than forcing change, the formula seems to encourage balance—helping the body restore healthy expression patterns across multiple systems.\*

#### *Why It Matters*

This study suggests that Frankincense Boswellic Acid Complex is much more than a supplement for joint comfort or digestion. Its epigenetic and systemic impact points to broader support for:

- Inflammation and immune calibration
- Hormonal signaling and reproductive health
- Liver and kidney detox pathways
- Emotional wellbeing and cognitive flexibility
- Cellular aging and longevity

"Frankincense capsules don't force detox. They teach your genes how to recover and thrive again."

## Frankincense Boswellic Acid Complex

### *What Is It?*

Frankincense Boswellic Acid Complex makes it easy to enjoy the internal benefits of Frankincense essential oil and Boswellia resin in a convenient, easy-to-swallow capsule. With standardized 60% AKBA from Boswellia resin, this product supports inflammation reduction and healthy cell cycling.

### *What's In the Frankincense Boswellic Acid Complex?*

- 60% AKBA (Acetyl-11-keto-beta-boswellic acid) from boswellia resin
- CPTG Frankincense essential oil from Boswellia sacra (65 mg per serving)

### *What Are the Benefits of the Frankincense Boswellic Acid Complex?*

- Antioxidant support and protection
- Supports healthy inflammatory response
- Supports healthy cellular function

### *How to Use the Frankincense Boswellic Acid Complex*

- Take 1 capsule with food





# Conclusion

## See What Frankincense Can Do for You

Now you have journeyed through the fascinating history, rigorous science, and remarkable benefits of Frankincense, you're equipped with a deep understanding of this extraordinary oil. Frankincense is truly a gift from nature, with its warm, spicy aroma and versatile applications offering a unique blend of ancient wisdom and modern wellness.

Throughout history, the purposes and uses of Frankincense have evolved, yet its powerful impact has remained constant. Whether it was treasured as a gift for kings, used in sacred rituals, or incorporated into modern day routines, Frankincense has proven to be versatile, potent, and useful.

As you discover your favorite uses for Frankincense in your daily life, you'll see why this oil has stood the test of time. Its journey from ancient history to your home is a testament to its enduring significance and countless benefits. Frankincense is more than just an essential oil—it's a timeless treasure that, when understood and used correctly, can profoundly transform your daily life.

With powerful new clinical research supporting both topical and internal use of Frankincense essential oil and Frankincense Boswellic Acid Complex, the legacy of this sacred oil continues to evolve and empower.

Continue your journey with essential oils by visiting [doterra.com](https://www.doterra.com).



# dōTERRA Products for Cellular Health



## *VMG+™ and EO Mega®+*

These foundational supplements provide essential vitamins, minerals, and omega-3 fatty acids to support cellular integrity, maintain a healthy inflammatory response, and promote overall wellness.\*



## *PB Restore®*

A healthy gut microbiome is crucial for nutrient absorption and overall cellular health. PB Restore supports digestion and gut health, laying the foundation for optimal cellular function.\*



## *DDR Prime® Softgels*

This proprietary blend of essential oils, including Frankincense, Wild Orange, and Clove, provides antioxidant support, protects cells from oxidative stress, and promotes cellular renewal.\*



## *Frankincense Boswellic Acid Complex*

This advanced supplement supports healthy inflammatory responses at the cellular level, promoting joint, immune, and nervous system health.\*



## *Frankincense Essential Oil*

Known as the "king of oils," Frankincense can be used aromatically, topically, or internally. According to preclinical research, Frankincense may support cellular health and function and provide powerful antioxidant protection when ingested.\*

### *Morning:*

- Drink a glass of water with **MetaPWR**® essential oil.
- Take **VMG+** and **EO Mega+** with breakfast (e.g., scrambled eggs, avocado toast, and a handful of spinach).
- **DigestZen**® can help support better absorption of vitamins and minerals.\* You can add a drop in a veggie cap.
- Start the day with **Adaptiv**® in the diffuser to foster a calm, centered environment.
- Consider adding **Tee Trea** or **Frankincense** to your daily skincare routine depending on your needs.
- Take a **DDR Prime** softgel to support cellular renewal and protect against oxidative stress.\*

### *Mid-Morning:*

- Enjoy an apple with almond butter or a handful of mixed nuts. Soak sliced apples in water with a few drops of **On Guard**® for a healthy, immune-supportive snack.\*

### *Lunch:*

- Prepare a salad with mixed greens, grilled chicken, avocado, and a variety of colorful vegetables. Top with olive oil and lemon juice.
- Take **PB Restore** to support digestion and gut health.\*
- Take **Frankincense Boswellic Acid Complex** to support healthy inflammatory responses.\*

### *Afternoon:*

- Apply one drop of **Peppermint** essential oil to the palm of hands and rub into the back of neck and shoulders. Grab a quick protein snack like a boiled egg or a piece of cheese.
- To help support your movement goals, using your lunch break to get your steps in for the day is a great time to reach for your oils. Apply **Deep Blue**® and **Copaiba** to any area of your body that might need soothing before or after movement.

### *Dinner:*

- Prepare a balanced meal with lean protein, roasted vegetables, and quinoa.
- Include the family in preparing the meal to encourage healthy eating habits.
- Take another **DDR Prime Softgel** to continue supporting cellular function.\*

### *Evening:*

- Wind down with a cup of **Lemon** essential oil tea. Reflect on the day's wins and plan for tomorrow.
- **Breathe**® essential oil blend can help maintain feelings of clear airways and easy breathing. Rub Breathe on your chest.
- Add **Lavender** essential oil to your little one's bathwater for a soothing soak or apply it to your temples and the back of your neck. Add a few drops to pillows, bedding, or the bottoms of your feet to prepare for a restful night's sleep.
- Diffuse **Serenity**® essential oil to set the stage for finding sweet dreams and a good night's sleep.

### *Recap*

- Your health begins at the cellular level. Healthy cells form strong tissues, which create functional organs and efficient systems. By prioritizing nutrition, hydration, movement, and toxin reduction, you can support optimal cellular function and overall well-being. Incorporating the Foundational Wellness Bundle, along with DDR Prime Softgels and Frankincense products, provides powerful tools to promote cellular health.\*
- Start today by taking small, consistent steps toward better cellular health—because when your cells thrive, so do you!