**Frankincense The Ancient Oil That’s Been Used to Help Fight Migraines, Depression, Anxiety and Cancer for Thousands of Years**

The world has seen plenty of benefits from the [use of essential oils](http://www.healthyfoodhouse.com/7-essential-oils-balance-hormones-use/). They have been widely used in the aromatherapy treatments for treating numerous different heath conditions.

Essential oils are acquired from a plant’s leaves, roots or stems and offer a variety of qualities that improve the human health.

Among all the essential oils, the [frankincense essential oil](http://www.healthyfoodhouse.com/frankincense-essential-oil-suppresses-multiple-cancers/) stands out.

Frankincense is also known as olibanum and represents an essential oil that comes with a lot of benefits, including: ability to ease chronic stress and anxiety, ability to diminish pain and inflammation, and the power to stimulate the immune system and deal with cancer.

It derives from a Somali tree known as Boswellia carterii or Boswellia sacara, which needs minimal conditions to grow.

**The uses of Frankincense Essential Oil:**

This oil is mostly used through inhalation or by rubbing it on the skin. It goes well with other oils, mostly carrier or jojoba oil. Its benefits reach the brain with ease and soothe the nervous system magnificently. However, this oil is not to be consumed because it can act as a toxin.

When buying an essential oil, steer clear of those who are labeled “fragrance oil” or “perfume oil” and know they are completely artificial and stripped off their benefits.

**8 Best Frankincense Uses**

1. **Bathtub stress reliever**

You will need only a few drops of this oil to get the biggest benefits. You could also use it via vaporizer and inhale it on daily basis. This will [get rid of your anxiety](http://www.healthyfoodhouse.com/stress-depression-anxiety-alleviated-probiotics-heres-list-foods-eat/) and will increase your spiritual powers and intuition.

1. **Natural Household Cleaning product**

Acting as a natural antiseptic, the frankincense oil can kill bacteria in no time and will leave your house spotless. It is used to sanitize the household and leave surfaces clean in an instant. You can use it with a help from an oil diffuser and [cleanse the air in every room](http://www.healthyfoodhouse.com/8-impossible-to-kill-plants-that-clean-the-air-in-your-home/).

1. **Personal Hygiene Product**

This oil can be often used in keeping your oral hygiene spot on. It is also good for treating dental problems and can easily solve tooth decay, bad breath, [cavities](http://www.healthyfoodhouse.com/using-coconut-oil-will-able-reverse-cavities-heal-decomposed-teeth/), or oral infections. If you want, you can create toothpaste just by combining frankincense oil with baking soda.

1. **Anti-Aging & Wrinkle Fighter**

Frankincense essential oil is a powerful astringent, meaning it helps protect skin cells. It can be used to help reduce acne blemishes, the appearance of large pores, to prevent wrinkles, and it will even help lift and tighten skin to naturally slow signs of aging.

The oil can be used anywhere where the skin becomes saggy such as the abdomen, jowls, or under the eyes. Mix 6 drops of oil to one ounce of unscented oil and apply directly to the skin. Be sure always to do a small patch area though first to test for possible allergic reactions.

1. **Treats Indigestion**

Indigestion issues, such as gas, constipation, stomach aches, irritable bowel syndrome, PMS, or cramps are all solvable by using frankincense oil. The oil boosts the intestines’’ job and can deliver food faster throughout the body. Mix 1-2 drops of oil and 8 ounces of water or one tbsp. of honey.

To take this orally, consult your doctor first. Make sure you always go organic and natural with all ingredients, especially with the oil.

1. **Heals scars, wounds, stretch marks or acne**

The oil can fade scars in a blink of an eye. It is also amazing for dealing with dark spots, acne blemishes, stretch marks, [eczema](http://www.healthyfoodhouse.com/aloe-vera-treat-eczema-psoriasis-dermatitis-skin-allergies/) and surgical scars. Combine 2-3 drops of the oil with an unscented base oil or lotion. Rub skin with it carefully and enjoy the healing process.

1. **Genuine cold or flu warrior**

In case you are suffering from a respiratory infection, cold or flu, use frankincense essential to relieve symptoms. It also unclogs the nose, eliminates mucus in the lungs and prevents asthma. Pour a few drops on a cloth and inhale to improve your condition.

1. **Prevents inflammation and pain**

Relieving arthritis, digestive disorders, and asthma symptoms is now possible by using this oil. You can use a diffuser or you can add a drop of oil to steaming water, soak a cloth in it and inhale throughout the night by keeping it on your body. It is also good for treating joint and neck pain.

**The benefits of Frankincense Essential Oil**

1. **Neutralizes stress and outbursts**

By inhaling this oil you can significantly calm down your nervous system and act more rationally without any additional stress. Due to its anti-anxiety and anti-depression qualities, the oil can replace any related med.

1. **Stimulates the immunity and reduces illness**

Many studies have proven the wonderful benefits of frankincense oil. Being as powerful as it is, the oil can get rid of harmful bacteria, viruses, and even cancers.

The oil reduces the occurrence of germs on the skin, mouth and within your household. The oil provides antiseptic benefits that treat gingivitis, bad breath, cavities, toothaches, mouth sores and more.

1. **Fights cancer and alleviates chemotherapy side effects**

Cancer can be in some measure treated by using frankincense oil. According to a study, this oil has a chemical compound known as AKBA that can destroy cancerous cells that survived the chemotherapy process.

1. **Eradicates dangerous germs and bacteria**

The oil can very easily get rid of potentially dangerous cold and flu germs from your body as well as your house.

1. **Enables skincare and diminishes aging signs**

The frankincense oil has the power to tighten the skin and enhance its vitality, elasticity while destroying bacteria and blemishes at the same time. By doing so, the oil reduces the aging signs and preserves the youthful appearance.

It is amazing with fading scars, healing wounds and treating stretch marks.

1. **Regulates hormone levels**

The Frankincense oil offers benefits that help with obtaining hormonal balance and regulating the menstrual cycle. It is often used to prevent or treat pain, cramps, constipation, headaches, anxiety, nausea, fatigue, and mood swings. The oil boosts the production of estrogen and reduces the odds for cyst growth.

1. **Boosts digestion**

Frankincense oil can stimulate the digestive system and accelerate the bowel movements. It is also good for reducing pain and cramping in the gut and will keep you far from boating and excess water stuck in the body.

What it does is, it triggers the digestive enzymes production, it elevates the urine production, and it soothes the digestive tract muscles and enables solid blood circulation.

Therefore it can deal with numerous conditions, including leaky gut syndrome, chronic colitis, ulcerative colitis, Crohn’s disease, and IBS.

1. **Promotes solid sleep**

The frankincense essential oil brings a lot of calming effects on the body, which results in a goodnight sleep. Due to its ability to relax the muscles, it can help you with insomnia and encourage the breathing airways to perform better. It also offers the body to obtain best sleeping temperature.

1. **Reduces inflammation and pain**

As a result of its potent anti-inflammatory benefits, the frankincense oil can treat various health problems, such as arthritis, asthma, painful bowel disorders like IBS, and others.

At times it can preserve the cartilage tissue, thus keeping the body safe from inflammation and keeping the muscles, joints, and tendons healthy.

**Frankincense Interactions/Side Effects**

There are almost no side-effects in using the frankincense essential oil. The only thing to keep in mind is to not consume it but use it externally.

At times, it can cause rashes when used topically, but nothing to a severe extent. The frankincense oil is a natural blood-thinner, so if you are suffering from blood clotting issues, steer clear of it.

**Frankincense Oil DIY Recipes**

As we mentioned before, the frankincense oil combines well with carrier oils like jojoba oil, coconut oil, or Shea butter. It can be a good match with lavender essential oil as well.

Here are some recipes to help you get the best out of this oil:

**Homemade Frankincense Soap Bar**

This is a pure skin saver. Full of vitamins and hydrating properties, it can do wonders for your body.

Prep time: 30 minutes

Serves: 30

Ingredients:

* 20-30 drops frankincense essential oil
* Soap base
* 5 drops pomegranate oil
* Oval Bar Molds or Decorative Soap Mold

Preparation:

In a glass bowl, place soap base and transfer bowl to a saucepan with water.

Melt the soap in medium temperature then set aside and let it cool off. Add the frankincense and pomegranate oil and mix well.

Pour into soap molds and let it cool off.

**Scar Reducing Body Butter**

Prep time: 5 minutes

Serves: 4

Ingredients:

* 2 oz. Shea butter or coconut oil
* 10 drops of Jasmine Oil
* 10 drops Frankincense Oil
* Small Container or jar to combine the ingredients

Preparation:

Use a double boiler to melt Shea butter. Ass other oils mix well until even. Keep at room temperature, or a little warmer.

Apply directly on scar or pour into a toothpaste tube and keep in the fridge for a few minutes and use a mixer to stir in the oils.

**Sleep Inducing Facial Cream or Body Rub**

Prep time: 5 minutes

Serves: 1

Ingredients:

* 5 Drops Frankincense Essential Oil
* 5 Drops Lavender Essential Oil
* 1/2 Tablespoon Organic Coconut Oil
* 1/2 Teaspoon Olive Oil
* Small Container or jar to mix the ingredients

Preparation:

1. Make sure to use softer coconut oil.
2. Combine it with remaining oils and mix until even. Apply on face and body. Store remains in a container and use it whenever you need it.

**Homemade Frankincense and Myrrh Lotion**

Use to hydrate and acquire important vitamins and nutrients.

Prep time: 90 minutes

Serves: 30

Ingredients

* 1/4 cup olive oil
* 1/4 cup coconut oil
* 1/4 cup Beeswax
* 1/4 cup Shea butter
* 2 tablespoon vitamin E
* 20 drops frankincense essential oil
* 20 drops myrrh essential oil
* BPA free plastic lotion dispenser bottles

Preparation:

In a glass bowl, mix olive oil, coconut oil, beeswax and Shea butter. Place bowl in a saucepan filled with water. Warm up until everything’s melted.

Place the mix in the fridge for an hour until everything’s solid.

Mix the combination until it is light and fluffy. Finally, add essential oils and vitamin E and mix once more. Pour in a contained and store in a cooler place.

Final thought:

Essential oils are often very concentrated so make sure you read the product label. Use only externally and keep out of pets and children’s reach. Avoid eye contact. In case you make an eye contact, wash them with a vegetable oil such as olive oil, instead of water.

To test for possible irritation, pour one drop on the back of your wrist and leave for an hour. In case your skin gets irritated, rinse with cold water and stop using the oil.

Sources:
[draxe.com](https://draxe.com/what-is-frankincense/)
[theheartysoul.com](http://theheartysoul.com/frankincense-oil-uses/)