



# The Intuitive Connection

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## Oil Spotlight: Frankincense



This month I decided to focus on the “King of Oils,” Frankincense. Why is it known as the king? Because it has such a variety of uses and benefits that if this was the only oil in your health arsenal, you would be in good shape. But before I talk about the benefits of Frankincense, let’s take a look at some facts about this beautiful oil.

dōTERRA’s Frankincense is sourced from trees in the country of Somalia. The bark is carefully “stripped” off which causes the tree to secrete a resin. The resin hardens on the surface, where it is collected and then steam distilled, producing the oil. There are actually 5 species of Frankincense trees, all part of the Boswellia family. What I think makes this oil so special is that dōTERRA blends 4 out of the 5 species into one essential oil.

It is so versatile that it can be used aromatically, topically and taken internally. It is considered non-toxic, and can be applied “neat” (meaning it doesn’t have to be diluted with a carrier oil before application). Frankincense is considered a base note, meaning that it has a heavier, deeper scent. Some words used to describe the scent of Frankincense include: earthy, coniferous, woody, lemony and spicy. It blends well with all citrus oils, clary sage, clove, cypress, geranium, jasmine, lavender, myrrh, rose, sandalwood and ylang ylang.

One of the reasons this oil is so versatile has to do with the chemical components that make up Frankincense. Mostly made up of monoterpenes (up to 85%) and sesquiterpenes (up to 10%), the physical healing properties include: pain relief, anti-inflammatory, antibacterial, antidepressant, antifungal, antispasmodic, antiviral, antioxidant, immunostimulant, skin healing, sedative, relieves anxiety, supports healthy circulation, respiratory and digestion. Emotionally, this oil supports letting go of lower vibrations, lies, negativity, spiritual awakening, and supports feelings of being loved and protected.

Some suggested uses for Frankincense are:

### Emotional support:

- Inhale from bottle, diffuse or place 1-2 drops in hands, rub together and inhale.
- Apply 1-3 drops on crown of head, forehead, behind ears or on the bottoms of the feet.

### Physical support:

- Add 2 drops to a veggie cap and take daily to support healthy cells and immune function.
- Add 1-2 drops to affected area for relief of muscle tension or joint discomfort.
- Put a drop on your thumb and press against the roof of your mouth to ease headache tension.
- Diffuse or add to inhaler and breathe in for respiratory issues
- Apply to hands, feet or massage onto skin to rejuvenate and moisturize.
- Apply 1-2 drops on pulse points or chest to promote relaxation and balance mood.
- Apply 1-2 drops on the bottom of your feet for stress relief and a peaceful night’s sleep.



### Upcoming Events

#### Holiday Gift Making With Essential Oils

Sunday, 12/8/19  
10:00-4:00

Body Connection  
8516 Hwy 69  
Prescott Valley, AZ

Special price: \$15 for 1 item, \$25 for 2 items, \$35 for 3 items  
All materials are provided

To register, click on the link below

<https://www.trinityhealingconnection.com/events>

#### Holiday DIY Jewelry Making

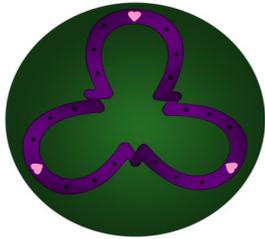
Saturday, 12/14/19  
10:00-12:00

Collective Karma  
450 W Goodwin St  
Prescott, AZ

Special price: \$15 for 1 item, \$25 for 2 items, \$35 for 3 items  
All materials & tools provided

To register, click on the link below

<https://www.trinityhealingconnection.com/events>



*Trinity Healing*

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### Services offered:

- Animal Communication
- Energy Healing
- Sacred Healing Crystal Jewelry
- Essential Oils
- Educational Workshops