

EPOCH FRANKINCENSE ESSENTIAL OIL

ETHNOBOTANICAL STORY:

Frankincense has long been prized in the Middle East where it has been used for religious ceremonies. It has significant meaning in Christianity and is believed to be one of the gifts offered to the baby Jesus by the three wise men.

Frankincense was traditionally burned as incense. It was also charred and ground into a fine powder to produce a heavy, black eyeliner used by Egyptian women.

Aromatic Profile: Rich, Woody, Warm

USES:

Enjoy the rich, woody, and warm aroma of Epoch Frankincense Essential Oil to bring a feeling of peace and connectedness into your day. Whether you apply it topically or diffuse it in the air, Epoch Frankincense can create a feeling of purpose, resolve, and satisfaction.

- Diffuse in an Epoch diffuser
- Dilute as directed and rub one or two drops in your hands after a long day's work
- Apply directly to the soles of your feet
- Add two or three drops to a washcloth and apply it to your skin at the end of your shower
- Mix with Epoch Topical Blending Oil and apply to your face
- Dilute as directed and massage on your arms or legs after activity

