

A Seasonal oil; Frankincense

According to the gospel of Matthew, the three gifts brought by the Magi to the infant Jesus were gold, frankincense and myrrh. The Magi were mysterious figures in their own right, and scholars have speculated as to their identity; wise men, alchemists, occultists. Whatever their origin, they were certainly high status individuals who came bearing precious gifts. As well as the resins, frankincense and myrrh, they also brought gold and there has been some conjecture that the latter may have been turmeric. All were very precious substances at that time and well known for their healing properties. In particular, frankincense and turmeric have recently been cited as having anti-cancer properties. Did you know that you can actually chew frankincense resin like gum?



Some uses of frankincense oil

Inhale in a diffuser with peppermint and lavender to relieve stress and tension.

Rub a drop of frankincense onto temples and the back of the neck to aid concentration.

Apply a drop to weak fingernails to help strengthen them.

Apply a few drops to the soles of the feet and rub in well to calm mood swings.

Frankincense is an excellent skin rejuvenator. Add a few drops to a plain face cream or to a carrier oil to help brighten tired skin. It is particularly excellent for aging skin, promoting cellular proliferation and elasticity.

Relax in a warm bath to which a few drops of the oil have been added.

Diffused in the meditation room, frankincense promotes deep breathing and is thus very good for inducing deep meditative states.

Because it encourages deep breathing, frankincense is also excellent for relieving respiratory problems. In fact, I once met an asthmatic who used it in preference to an inhaler!

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