As we discussed last week, Frankincense is the King of Essential Oils. Today I am going to give you 25 ways to use Frankincense essential oil. It is such a versatile oil, and can be used so many ways. I do want to clarify first, however, that all suggestions shared are effective only with high quality essential oils! So, let's get started 😊

**How to Apply Frankincense:**

First, we need to look at the different application methods.

- **Aromatic**: Diffuse, or inhale the aroma directly
- **Topical**: Can be applied neat (no dilution necessary). Apply directly on area of concern or to reflex points. *(A great reflex point reference is found [here](#) for the feet and [here](#) for the hands.)*
- **Internal**: Place 1-2 drops under the tongue, or take in a capsule. **NOTE**: Not all essential oils can be ingested. Please understand I am referring only to high quality essential oils that are marked for internal use in this post.

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25 Ways to Use Frankincense Essential Oil

OCTOBER 18, 2013 | BY KIMBERLY | 5 COMMENTS

Welcome!! I'm so glad you stopped by Frontier Blessings! I love talking about essential oils and sharing DIY projects, as well as learning about healthy living.... I love meeting new people, so while you're here, I'd love to hear from you! Read More...

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- OLD FASHIONED ROOT BEER CANDY
- DIFFUSER BLEND
- FAMILY PHYSICIAN KIT GIVEAWAY!
25 Ways to Use Frankincense

**Arthritis**
Massage frankincense essential oil into the joints. It works really well when combined with Deep Blue, as well.

**Asthma**
Inhale directly from the bottle or rub in hands and inhale. Rub on toes and directly under the toes. Apply to chest and spine.

**Bell's Palsy**
Frankincense applied directly to area of muscular weakness or tingling often during the day rub on hands and inhale. Can add Myrrh at 1:1 ratio to support brain activity recovery faster use an unscented natural lotion on top of Frankincense and/blend with Myrrh to whole face to keep youthful enhancement (DNA re-education of cells for youth) happening on full face.

**Broken Bones**
Mix Frankincense and White Fir 1:1, rub directly on bone that is injured. If you can’t get to the bone because of cast, bandage, etc., rub on the opposite arm, leg, knee, etc. and the injured bone will receive 65% of the benefit. This is called Sympathetic Response. The body understands where the essential oil is needed and will send the recovering bone what’s needed. Dr. Sue Lawton

**Cancer**
You can use this topically on the reflex points of the feet or body, and aromatically. Can also take internally in a capsule or directly under the tongue.

**Coughs**
Add a drop to steaming water, place a towel over your head and inhale until the steam stops. Also massage into the chest and balls of the feet.

**Dry Hair**
Before shampooing, mix 4 drops of Frankincense and 4 drops of Lavender in a spritzer bottle. Spritz on and comb thru hair. Leave on for at least 20 minutes with head wrapped in cotton towel.

**Dry Skin/Wrinkles on arms and legs:**
Blend Frankincense with an unscented all-natural lotion and apply to dry areas especially when going in and out in the cold weather drink more water to hydrate cells keep young. You can also make your own hard lotion with Frankincense and other essential oils.

**Focus**
Diffuse to help minimize distractions and focus energy.

**Hair Rinse**
Mix 4 drops Frankincense, 4 drops of Lavender, and 4 drops of Rosemary in a bottle with 1/2 cup of vinegar and 1/2 cup of water. Massage mixture into scalp after shampooing and conditioning.
Improve Vision
Massage into the reflex points of the feet (toes) and hands (tips of fingers). Apply on the bones around the eyes never IN the eyes.

Infected Wounds
Add a drop to warm water and soak the infected area, create a spray using distilled water and several drops of frankincense essential oil. You can also mix with Lavender and Melaleuca and apply directly to wound. My friend Jill, helped heal her husbands dog bite with essential oils!

Inflammation
Massage frankincense essential oil into the inflicted area, being careful to move toward the heart. For general inflammation, add 1 drop to a steaming pot of water and inhale until the water is cooled. Also works well mixed with Peppermint.

Memory
Rub 1-2 drops in hands and inhale as needed. Diffuse while study or working. Massage into the toes and base of the toes. Also works well with Wild Orange added (use one drop of each).

Mental Clarity
Use topically on base of neck and down jugular veins.

Mental Fatigue
Add to your bath water at the end of a long day, massage into your scalp or across your chest. Apply a couple drops to a washcloth or little dish with some epsom salts, place it on the floor of the shower, and enjoy the steam as it rises 😊

Moles/Skin Tags
Apply directly on location daily make take several applications

Nerve Soothing
Gently blend 1 tablespoon of Coconut Oil, 4 drops of Frankincense, 3 drops of Clary Sage, 3 drops of Melissa, 2 drops of Geranium, 1 drop of Vetiver, 1 drop of Cedarwood, and 2 drops of Lemon and diffuse, apply behind the ears and on the wrists to keep calm. (Can sub Elevation for Melissa)

Parkinsons Disease
Inhale directly. Also use during full body massage and add to the soles of the feet daily. (If using in the Aroma Touch Technique, do the Frankincense directly after the Balance.)

Rash
Apply Frankincense directly on rash and cover over with an unscented all-natural lotion or with Fractionated Coconut Oil to promote faster healing.

Restless and Distracted Thoughts
Gently blend and apply 3 drops of Frankincense and 2 drops of Geranium to the back of the neck and inhale. This allows the mind to clear and focus.

Seizures
Rub on bottoms of feet, up the spine, and on top of head for relief. Diffuse in room.
Ulcers
Take internally in capsules, in food, or under tongue. Gently massage over the area and into the reflex points of the feet.

Virus of Nerves
Massage into the reflex points of the feet. Add to a warm bath with epsom salts. Add Frankincense to the Aroma Touch Technique (directly after Balance blend).

Warts
Apply frankincense essential oil directly to the wart daily. Can combine with Oregano as well.

Frankincense is an amazing gift, it helps the cells of our body’s remember how to be perfect again as our original DNA/RNA recipe was written. Frankincense seems to be the master mind of oils it makes everything remember how to be perfect the cells, the tissues, the organs, the systems, whole body even our minds and hearts if we allow cooperation with mother nature. Diffuse, Ingest, Apply, use in suppositories for direct delivery to areas of concern, blend with our lotions and creams and apply for reclaiming youth, spritz in groups and crowds to raise the level of optimism within a crowd or holiday gathering; use in blends for enhancing clarity, attitude, de-toxing mentally and physically, boost the immune system even in the auto-immune diseases as Frankincense is the SMART oil- helps with Crohn’s and digestive diseases, Heart disorders of all kinds, liver concerns and rejuvenating new cells, cirrhosis recovery, quantum healing for entire body Frankincense is good for everything.
Dr. Sue Lawton

(If you would like to learn more about essential oils, please read 5 Reasons Why I love Essential Oils and follow the links there if you wish to purchase.)

Other Posts in this series:

Oils of the Bible Part I
Oils of the Bible Part II
Oil of Joy/Gladness
Elevation – the Oil of Joy!
Frankincense: The King of Essential Oils

PS: I am not a doctor and the statements on this blog have not been evaluated by the FDA. Any products mentioned are not intended to diagnose, treat, cure, or prevent any disease.
Comments

2
Bergamot Essential Oil says
December 27, 2013 at 8:04 pm
I'm curious to find out what blog system you happen to be using? I'm having some small security issues with my latest site and I'd like to find something more safe. Do you have any solutions?
Reply

3
kim says
December 27, 2013 at 10:18 pm
I am using Black Chicken Host as my domain host and they are wonderful!! Seriously, if I ever have issues, they answer my emails within hours and sometimes minutes! 😊 Theres a link to them on my site, and here it is as well. Good luck!! If you have more questions, let me know! Kim
Reply

4
Jodi says
April 16, 2014 at 5:19 pm


Hi, I have internal scar tissue in fallopian tubes. I'm thinking of trying frankincense for it since it's so good with scar tissue, along with helichrysum possibly. You mentioned using essential oil suppositories: can you tell me how this can be done? How do I make one for vaginal application and what would keep it in place at night? Thanks so much!

5
Kimberly says
April 18, 2014 at 11:57 am

Some suggest using a tampon. I have not tried this with tampons myself, but several others have said it works. Mix 20-30 drops of essential oil in 2 tablespoons of carrier oil. Apply this mixture to a tampon (for internal) or sanitary pad (for external). Insert and retain for 8 hours or overnight. Use tampons or sanitary pads made with organic cotton.

15 Ways to Use Myrrh Essential Oil | says:
November 23, 2013 at 8:57 am

Cancer Apply topically to area(s) of concern and diffuse for aromatic benefit as well. Can also combine with Frankincense.

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COMMENT
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