

LET'S BE FRANK.



*A guide to using Frankincense
essential oil for blends and DIY.*

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Contents:

- Ten diffuser blends
- Eight DIY recipes
- Ten Roller bottle recipes



These recipes are not intended to treat or cure any diseases. They are simple recipes I use and love in my home. Please always seek medical advice if needed from a qualified practitioner.

Diffuser Blends:

Hope

3 drops Frankincense
3 drops bergamot
2 drops ylang ylang

Relax

3 drops Frankincense
2 drops Lavender
1 drop Cedarwood

Energy

3 drops Frankincense
2 drops Lemon
1 drop Peppermint

Joy

3 drops Frankincense
2 drops Bergamot
1 drop Lemon

Grounding

3 drops Frankincense
2 drops Douglas Fir
1 drop Vetiver

Diffuser Blends:

Renew

3 drops Frankincense
3 drops Litsea
2 drops Manuka

Immune

3 drops Frankincense
2 drops On Guard

Inner Peace

3 drops Frankincense
2 drops Lemongrass
1 drop Wild Orange

Peaceful Dreams

3 drops Frankincense
2 drops Balance
1 drop Vetiver

Focus

3 drops Frankincense
2 drops Peppermint
1 drop Lime

DIY Recipes:

Sleepy Back Rub

3 drops Frankincense

3 drops Lavender

2 drops Cedarwood

1/2 cup Fractionated Coconut Oil

Combine and use for massage before bed.

Peaceful Dreams Spray

3 drops Frankincense

3 drops Balance

2 drops Vetiver

Add to 1/2 cup of water and use in spray bottle. Spray pillow before sleep.

DIY Recipes:

Relax & Chill Bath

2 drops Frankincense

2 drops Lavender

Add to 1/2 cup of epsom salts.

Add to bath.

After Sun Spray

2 drops Frankincense

2 drops Lavender

2 drops Peppermint

2 drops geranium

Add to 1/2 cup of water and use in spray bottle. Spray to skin after sun for soothing.

DIY Recipes:

Face Cream Booster

Add one drop of Frankincense
one drop of Geranium
to moisturiser for an extra boost.

Stronger Nails

2 drops Frankincense

2 drops Myrh

2 drops Lemon

Add to 3 tablespoons of Fractionated
Coconut oil. Apply to finger nails.

DIY Recipes:

Meditation Bath Salts

2 drops Frankincense

2 drops Copaiba

Add to 1/2 cup of epsom salts.

Add to bath.

Holiday Room Spray

3 drops Frankincense

3 drops Grapefruit

6 drops Douglas Fir

Add to 1/2 cup of water and use in spray bottle. Spray around room for holiday scent.

Roller Recipes:

Beautiful Stress Less

2 drops Frankincense

2 drops Elevation

3 drops Bergamot

4 drops Lime

8 drops Frankincense

8 drops Lavender

5 drops Cedarwood

Study Time

8 drops Frankincense

8 drops Peppermint

8 drops Lemon

Sore Muscles

10 drops Frankincense

10 drops Ice Blue

Immune Booster

8 drops Frankincense

10 drops On Guard

Add to 10ml Roller bottle, fill with FCO

Roller Recipes:

Lady Time

8 drops Frankincense
10 drops Clary Sage
5 drops Lavender

Happy Mamma

8 drops Frankincense
8 drops Grapefruit
8 drops Bergamot

New Moon

8 drops Frankincense
8 drops Clary Sage
8 drops Wild Orange

Open Airways

8 drops Frankincense
8 drops Easy Air
5 drop Peppermint

Teething Time

3 drops Frankincense
2 drops Lavender
1 drop Roman
Chamomile

Add to 10ml Roller bottle, fill with FCO