

Going Back to the Earth for Great SKINCARE

By Monica Sawyer

The more I pay attention to my skin and body, the more conflicted I get about the products I'm using. What are these chemicals I can't pronounce? Could these various topical agents be affecting my other body systems? The answer is yes. Every year, more evidence is revealed confirming what we put on our bodies can change what is happening inside our bodies. In an effort to give my body some support, I looked into more natural solutions and found a shining star that stood out from all the other options: frankincense.

Frankincense has been treasured for ages. Our ancestors knew how amazing this gift from the earth was and now we are rediscovering how valuable it is. What is frankincense? Tree resin. The richest frankincense resin, harvested by scraping "tears" from the Boswellia tree, is found in Africa. One Boswellia tree can produce for hundreds of years! We get frankincense as an essential oil after the resin has been steam distilled. I prefer doTERRA's frankincense, which is 100% essential oil, no added anything.

The science behind frankincense will blow you away. Out of all the oils I've researched, if I was stranded on a deserted island and could only have one, I'd pick frankincense. The essential oil is naturally accepted by our body and helps strengthen pretty much every system. The components in frankincense work to maintain healthy cellular function, strengthen cells, clean cell receptors, flush out bad cells, and confuse free radicals and other bad things from attaching and affecting us. What I love most, is to know that when I use frankincense on my skin, it gets into my blood stream and keeps on working for me from the inside – win win.

The easiest way to use frankincense is topically. If you have sensitive skin you'll want to mix a few drops with a bit of coconut oil (also amazing for skin) or your favorite moisturizer. I have seen positive results using frankincense to reduce age spots and blemishes, and reduce the appearance of wrinkles on my face. I've also been able to get rid of skin tags by consistently using just the oil directly on the troublesome spot. Consistency is key. Trying to get rid of something like a skin tag or deep discoloration naturally

takes time, but persistence will pay off and your skin will love you for it. I also use this powerful oil to strengthen my nail beds, for cuts, abrasions, and for reducing the appearance of scars. Frankincense can also be a welcome alternative to harsh chemicals when dealing with more serious skin conditions because of the way it soothes while working to clear up whatever is going on.

Frankincense is lovely paired with other essential oils, lavender being a favorite. Lavender adds a pleasant, flowery aroma to frankincense which smells earthy. Pure Lavender essential oil is soothing for skin as well.

What else can frankincense do? The list is long. Frankincense is a powerful immune booster and helps to reduce inflammation in your whole body. Frankincense applied over the heart can bring emotional support and help calm your frazzled self. Apply to temples and forehead for headache and stress relief. Apply topically to soothe sore muscles. Taken internally (only pure oil), frankincense helps to maintain healthy function in your liver, musculoskeletal system, brain, bladder, urinary tract, nervous system, respiratory system, joints, and more. Frankincense is strongest at breaking down "bad" cells & growths. My whole family uses this oil and we even use it on the dog for her skin issues. Get it in you, on you, and around you (yes, even just by smelling frankincense it gets into your blood stream). Your body will love you for it.



For more info on frankincense and how to get it, visit www.mydoterra.com/keepitessential or email monica@keepitessential.com.

***Safety Tip:** most essential oils you find in the grocery are not worth buying, even when labeled pure. They usually have fillers and are not intended to use on your skin or in your body and can actually do more harm than good. They are intended for smell only. If you are using essential oils for your body, spring for the good stuff so you don't cause a negative reaction on your skin. I trust doTERRA enough to use their oils on my babies. If you do have a negative reaction, use coconut oil or other natural carrier oil to wipe off. Water will just spread the essential oil around.

