



## Frankincense (salai)

Latin names: *Boswellia serrata*, *Boswellia glabra*

French names: Salai, Boswellie Salai, Arbre à encens de l'Inde

Other English names: Frankincense, Indian Frankincense

Extracted from: oleoresin gum



A drop of pure frankincense oil straight on a cut: it disinfects, heals and soothes the pain.

Do you need to pay more attention to the present? Rub one drop on your heart.

Diffuse this essential oil if your communication lacks subtlety or wit.

In mixtures for joints or muscles, it releases tensions and relaxes

### **The plant, its legends and its botany**

Small three- to six-meter-high (9.8 ft. to 19.7 ft.) tree growing in the desert. It surely takes up a barely believable challenge, it knows how to stick by its roots and thus adhere well, even to bare rock. Though, it is as independent as possible from the earth, it loves thrusting its roots into the ground like any tree. It therefore knows how to take advantage of any crack and show a bit of life in areas where it seems to be missing.

Its trunk exudes oleoresin which it uses to heal its wounds. Advantage is taken of what it can do and the resin is extracted from the bark through a little cut into it. As it pours out, the resin reacts with the air and makes little stones which are distilled to produce this so spiritual essential oil: desert stones essential oil...!

But first things first: where and why did the first incense ever grow? Latin stories -always fun but also instructive as to a plant's character- as usually take us to the world of Gods and Semi-gods. Similar to Homer's legends (Greek), Ovid (Roman) told us that the first incense grew on Leucothoe's grave, one of God Apollo's mistresses, after she was chastised by his own father: Orchamos (and yet strangely it is not much used in cases of leucorrhoea).

Well, there it was born, but it then had to get over to the cradle of writing to be mentioned in the earliest pieces of writing of mankind. It did travel. Queen of Sheba herself made the journey from Somalia to Israel to ask Solomon to protect its international trade. It was something of global importance and divine protection for a queen so powerful to make such a long and perilous journey at the time.

This tree was always conferred divine importance and its dried resin was offered to the gods. One need be more accurate and reverent here as it was always offered to the chief god. Persians, Assyrians and Babylonians used to offer incense to Bael, the sun god. Same thing in Egypt where it was the one tree dedicated to Ra, the sun god.

Let's move forward in History and find that this tree has been wholly immersed in the History of the main religions on African and Eurasian continents. 113 times was it mentioned in the Bible: the Lord himself urged Moses to use it, what a great line on its CV! It did not stop here, though. The Magi visited Jesus after his birth bearing gifts of myrrh to symbolise his great spirituality, gold to symbolise kingship and incense to help his inner spirituality spread among the people.

### **Energetic properties**

Awakens spirituality.

Appeases deeply.

To feel the unity between yourself and the world.

Improves feelings and conscience of living in the present.

Awakens you to your own actions and life.

Enhances the ability to communicate (especially more subtle things).

Though all spiritual, it also has a pleasant flirtatious side.

### **Chakras**

7th chakra

5th chakra

### **Doshas**

Makes Vata more spiritual

Expresses Kapha's serenity

Reduces Pitta

### **Elements**

Air

### **Standard chemotype**

Monoterpenes (alpha-pinene 35-70%, 1-15% paracymene, phellandrene traces to 15%)

Ketones: traces

Furanocoumarins: none

### **Batch chromatography**

Batch, OLI2001/247 (PDF, 245 Ko, French)

Batch, OLI2002/256 (PDF, 263 Ko, French)

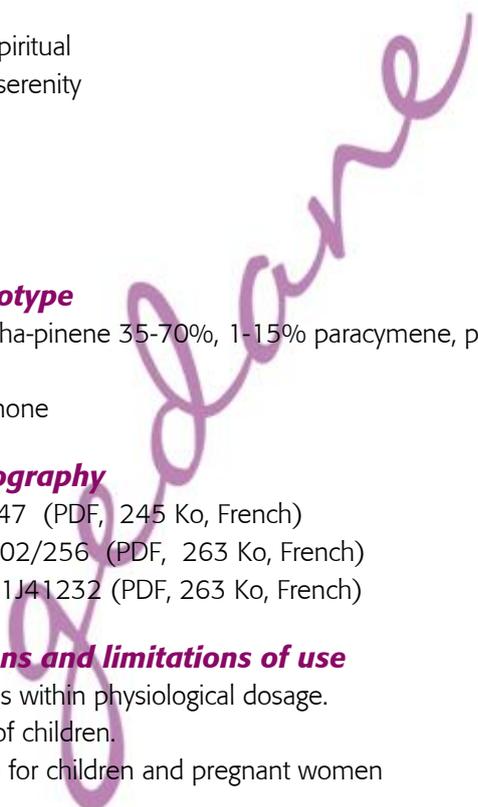
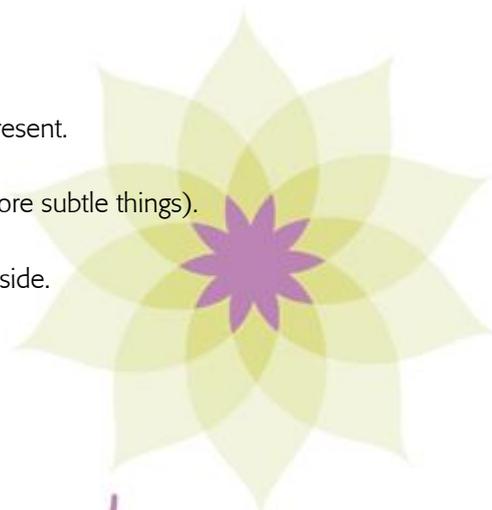
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### **Contraindications and limitations of use**

No contraindications within physiological dosage.

Keep out of reach of children.

No contraindication for children and pregnant women



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The information on these page is only intended to provide trained professionals with suggestions on how to use our products. They are solely responsible for any advice they may give. It rests with them to consolidate their skills and to keep ut to date with the latest advances in aromatherapy. Also, trained professionals must know their patients' state of health well enough to propose an appropriate treatment accordingly. The total responsibility for interpretation and use of Gedane products lies with users and does not involve Gedane in any way. Texts: external consultant Marc Ivo Böhning and Geraldine Viatte