

Frankincense is an aromatic resin that contains a valuable essential oil known for its many health benefits. Frankincense essential oil can be used for medicinal reasons or it can be used in natural remedies and homemade cosmetics. If you are curious to learn more about this wonderful oil, this book is the perfect place to start. In this book you will receive the following:

- An introduction to frankincense essential oil including what it is and where it comes from
- An overview of the medicinal benefits that frankincense essential oil has to offer
- A collection of twenty-five recipes for using frankincense essential oil at home

So, if you are ready to try out frankincense essential oil for yourself, simply pick a recipe from this book and get going!

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