

31 DAYS OF FRANKINCENSE

EBOOK



31 Days of Frankincense



Day 1 – Breathe Easy

This is one of my favorite blends for occasional respiratory distress. This blend can be used to clear airways, soothe mild coughs, and help reduce phlegm.

Topically: Combine 3-5 drops of Frankincense, Lime, Breathe to a 10ml roller, combine carrier oil. Apply to chest as needed.

Aromatically: Add 3-5 drops of each in your diffuser



Day 2- Cellular Support

One of Frankincense's most powerful benefits is its ability to promote health, specifically cellular function. Try taking Frankincense oil internally by adding one to two drops in a Veggie capsule. This natural supplement will help support healthy cellular function while boosting your immune system.

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Day 3- F.L.O.O.M (Frankincense, Lemon, Oregano, On Guard, Melaleuca aka Tea Tree) Blend

This is our go-to anytime our bodies need some big guns to fight off more of the intense environmental threats. What makes this FLOOM bomb so powerful is the blend of oils it uses. FLOOM is an immunity boosting blend of essential oils. It can be taken internally or used in a roller bottle.

These oils have many different properties that help support the immune system and many other systems in the body.



Day 4- Release Negative Emotions

Are you looking for a blend to boost and uplift your mood? Look no further, this combo of oils not only helps to uplift your spirits, but it also helps to release negative emotions you may be hindering deep down inside.

Topically: Combine desired drops to a 10ml roller, apply to wrist and over your heart to combat negative emotions.

Aromatically: Combine 2-3 drops of each and diffuse throughout the day.

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DAY 5

focus potion blend



Day 5- Focus Potion

Do you have a difficult time staying focused, have a big project coming up for work, maybe you have children in school who need some extra support to focus on the task at hand? Whatever the case may be this blend can help to your mind and body stay on task and focused.

Typically: Combine desired drops (see dilution chart above for recommendations) to a 10ml roller, apply to back of neck and wrist as needed.

Aromatically: Diffuse 2-3 drops of each oil to increase productivity.

Day 6- Gift of the Magi

The three gifts had a spiritual meaning: gold symbolizing virtue, frankincense symbolizing prayer, and myrrh symbolizing suffering. What better way to celebrate the Gift of Magi than during the Christmas Season.

Typically: Combine desired drops (see dilution chart above for recommendations) to a 10ml roller, apply to back of neck, spine, and feet.

Aromatically- Diffuse 2-3 drops of each to clear stagnate energy.

DAY 6

gift of the magi



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DAY 7

gentle detox

Day 7- Gentle Detox

This gentle detox is an excellent way to gently detox and rid your body from toxins, also to soothe tired muscle.

Combine 2-3 drops of each oil with $\frac{1}{4}$ cup of Epsom salt to soothe joints and muscles, and to gently detox your system.



DAY 8

boo boo spray

Day 8- Boo Boo Spray

If you have kids of any age boo-boos are inevitable. This is an amazing spray to not only cleanse the area of need, but also soothe any irritation.

Combine 10 Drops of each essential oil in spray bottle, fill a little bit with FCO and add rest with water. Spray as needed

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Day 9- Thyroid Support Blend-

So many individuals need extra support when it comes to the thyroid, this is a perfect blend.

Combine 7 drops of each in a 10 ml roller, fill the rest with FCO roll over thyroid day and night.

DAY 9

thyroid support blend



Day 10- Antioxidant Support

DAY 10

antioxidant support



Antioxidants are substances that can prevent or slow damage to cells caused by free radicals, unstable molecules that the body produces as a reaction to environmental and other pressures. This combination of essential oils can help to reduce oxidative stressor but rejuvenating the cells.

Take 2-3 drops internally of each in a veggie capsule daily or as needed.

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DAY 11

postpartum peri spray



Day 11- Postpartum Peri Spray

Childbirth is such a blessing; however, the birthing process can be traumatizing. Having safe holistic tools to heal the body after bringing a new life into this world is such a blessing.

In a spray bottle combine 10 drops of each fill half with FCO and the rest with water. Spray during the birthing process and after to ease discomfort and promote healing.

Day 12- Save the Ta Tas

As a women it's important to have routine check-ups for breast support. This is an excellent

blend to support and promote healthy breast tissue.

Combine 5 drops of each in a 10ml bottle, fill the rest with FCO.

DAY 12

save the ta-tas



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Day 13- Muscles Reboot

After a strenuous workout combine these three products to soothe joint and muscle inflammation.



Day 14- After Shave Care

Razor bumps can be irritating and can turn your morning shave into a day long frustration. Even though shaving may be essential, razor bumps are not. Provide relief to your skin with this combo. The serum will benefit the irritated skin by soothing the sensitive razor bumps for an all-day appearance and feel your skin will love.

In a 10ml roller combine 2-3 drops of each, fill the rest with FCO. Apply as needed after a nice shave.

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Day 15- Deep Tissue Blend

This is one of my favorite blends when you have mild to moderate joint inflammation.

Combine 10 drops of each in a 10ml roller fill the rest with FCO.

DAY 15

deep tissue blend



DAY 16

sun kissed relief



Day 16- Sun Kissed Relief

Too much fun in the sun can lead to skin damage. This is an excellent blend to soothe mild skin irritations due to over sun exposure. The cooling sensation will leave your skin feeling cool and rejuvenated.

Combine 5-10 drops of each in a spray bottle, fill half with FCO and the rest with water. Spray as needed.

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DAY 17

dr. hill's whole body capsule



Day 17- Dr. Hill's Whole-Body Capsule

Dr. Hill's whole-body capsule is a powerhouse combo to boost cellular function, increase immune response, supports a healthy inflammatory response in your body. Mixing these together and taking internally daily will give you a powerhouse of support.

Take 2-3 drops in a veggie capsule daily.

Day 18- Little Teeth Blend-

We have used this tried and true blend over and over to support our littles through the teething process. This combo helps to reduce inflammation while providing soothing relief.

In a 10ml roller combine 3-5 drops of each oil, fill the rest with FCO. Apply along the jawline as needed.

DAY 18

little teeth blend



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Day 19- Achy Tooth Support

If you have ever experienced a tooth ache you will know the excruciating pain, you can feel. These two oils are excellent to reduce temporary pain and inflammation.

You can apply these oils neat on area of need (note: clove is a hot essential oil so dilute as needed)



Day 20- Because I'm Happy

I love the powerful effects essential oils can have on our moods. This uplifting blend will leave you singing "Because I'm Happy," all day long.

Combine 5 drops of each in a 10ml roller fill the rest with FCO. Apply as needed

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Day 21- Frankly Radiant

Are you wanting radiant, glowing and smooth skin? waiting for you in this comb!

Apply daily to your face for best results

DAY 21

frankly radiant



Day 22- DIY Make Up Remover

Over the counter make up removers can leave your eyes irritated. This simple DIY recipe is gentle and works like a charm.

Combine 1-2 drops of each oil on a cotton ball with FCO and use as needed.



DAY 22

diy make up remover

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Day 23- One Drop

Did you know that one drop of Frankincense can service every cell in your body! One drop under your tongue gets that Frankincense into your blood stream, within 20-30 minutes working every cell, one drop can ease anxious feelings (excellent for baby blues), one drop supports proper cellular function, health inflammatory responses, and it can assist in boosting and supporting your immune system.

Every morning put one drop of Frankincense under your tongue for your daily boost of Frankincense



Day 24- DIY Diaper Spray

Babies skin can be so sensitive, and their little bums can become irritated from time to time. Ditch those harsh over the counter diaper creams and use this natural DIY spray to reduce mild skin irritations.

In a spray bottle combine 10-15 drops of each, fill half with FCO and the rest with water. Spray at each diaper changing as needed.



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DAY 25

metabolism boost capsule



Day 25- Metabolism Boost Capsule

There are many factors that go into our metabolisms. Taking two drops of this blend daily can boost your Metabolism.

Combine 2 drops of each in a veggie capsule, take twice daily for optimal results.

DAY 26

light blue blend



Day 26- Light Blue Blend

Have you found that strenuous activity, sitting for long periods of time, or overextending yourself leads to your joints and muscles feeling achy and inflamed? Pre make this blend to have readily available to swipe and go.

Combine 10 drops of each in a 10ML roller, fill the rest with FCO and apply as needed to area of need.

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Day 27- Spiritual Awakening Diffuser Blend

Are you feeling overwhelmed, frustrated, defeated? Maybe you've had a hard time connecting spiritually to your inner calling. Whatever it may be, this is a perfect blend to release and reconnect.

Add 3-5 drops of each oil into your diffuser, use during times of mediation, prayer and more.

DAY 27

spiritual awakening diffuser blend



Day 28- Ease the Emotions

Do you feel overwhelmed, anxious, or are you an empathy who holds everyone's emotions? This is an excellent combination to ease anxious feelings, to calm your nervous system down.



DAY 22
diy makeup remover

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DAY 29

diy beard oil



Day 29- DIY Beard Oil

Does your husband or the man in your life have a luscious beard they like to keep groomed? My husband loves this DIY beard oils. Not only does this keep his beard smooth and soft, it also helps to grow those luscious locks.

In a spray bottle combine equal drops of tea tree, lavender and frankincense. Add FCO, and some water. Use daily to support those luscious locks.

Day 30- Buy the Fire Diffuser Blend

Oh the weather outside is frightful, but the fire is so delightful, this diffuser blend is truly magical.

Want to have your home smelling all cozy and warm, diffuser this combo to get in the holiday spirit.

Combine 3-5 drops of each in your diffuser

DAY 30

by the fire diffuser blend



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Day 31- Sleep Like a Bear

I don't know about you, but I cherish sleep. It's a time to allow the body to renew and refresh for a new day. This combination of oils helps your body and mind to unwind and relax.

Combine 3-5 drops in your diffuser, or add 5-10 drops of each in a 10ml roller, fill the rest with FCO and use as needed for a restful night of sleep.