

Informed Self Care



Frankincense Face Serum

Experience Instructions

Supplies:

- 4 drops Frankincense essential oil
- 40 drops carrier oil (Fractionated Coconut Oil, jojoba, grapeseed, rose hip, or argan)
- Dropper bottle



Instructions:

- 1** Mix the ingredients in the dropper bottle.
- 2** Shake well before each use. Apply 1–3 drops to your clean, dry face.

Optional Carrier Oils:

- *Jojoba: Good for all skin types, but best for those with normal or combination skin*
- *Hemp: Best for oily skin types*
- *Argan: Best for dry skin, acne skin, and aging skin that needs more hydration*
- *Grapeseed: Good for most skin types and can be mixed with other carrier oils*
- *Rose hip: Good for normal or oily skin types*

Tip: Add a few drops of Copaiba, Tea Tree, Rose, Lavender, or Helichrysum essential oil to your Frankincense to add additional benefits.