

25 WAYS TO USE Frankincense Stick



1. Apply topically to restore skin.
2. Use to soothe minor skin irritations.
3. Apply a small amount to face before moisturizing to reduce wrinkles.
4. Use on dry skin for added nourishment.
5. Place a drop of Frankincense essential oil on the stick and apply for added skin benefits.
6. Apply to cuticles to soften and nourish.
7. Apply to the neck and décolletage area to promote healthy, younger-looking skin.
8. Place a drop of Copaiba essential oil on the stick and apply for added skin renewing benefits.
9. Apply to sun-exposed or dry skin before spraying on the dōTERRA Restorative Skin spray for added renewing benefits.
10. Place a drop of Naio Wood essential oil (Convention kit exclusive) on the stick and apply for added skin benefits.
11. Layer under the dōTERRA Deep Blue® Stick to enhance its soothing effects.
12. Apply to the muscles and joints as part of a soothing massage.
13. Apply prior to an AromaTouch® massage for additional moisturizing and soothing benefits.
14. Apply along the spine and gently rub in for a grounding aromatic effect.
15. Apply under the nose when a calming aroma is needed.
16. Apply under the nose for an uplifting aroma.
17. Apply over heart, wrists, and forehead prior to meditation.
18. Apply to the back of neck, base of skull, and shoulders and massage during moments of stress.
19. Prior to yoga or stretching, apply over heart and abdomen during a centering experience.
20. Layer under dōTERRA Shinrin Yoku® blend to enhance a forest bathing experience.
21. Layer under dōTERRA Breathe stick for cooling, soothing topical effect
22. Use when traveling for a grounding aroma.
23. Layer under dōTERRA Serenity® Stick for calming aroma.
24. Layer under dōTERRA Adaptiv to enhance when responding to daily stresses.
25. Place a drop of Douglas Fir or Wild Orange on the stick and apply for a bright, inspiring aroma.