

The Soap Barn Good Health Celebration!



What does Frankincense bring to the party?

Read on!

The Soap Barn

I love Frankincense and so should you!

Here are some of the reasons why:

Anti-Aging & Wrinkle Fighter: Frankincense oil is a powerful astringent, meaning it helps protect skin cells. It can be used to help reduce acne blemishes, the appearance of large pores, prevents wrinkles, and it will even help lift and tighten skin to naturally slow signs of aging. The oil can be used anywhere where the skin becomes saggy such as the abdomen, jowls, or under the eyes.

Scar, Wound, Stretch Mark or Acne Remedy: Frankincense can help with wound healing and may decrease the appearance of scars. It may also help reduce the appearance of dark spots caused from acne blemishes, stretch marks and eczema.

Natural Cold or Flu Medicine: Next time you have a respiratory infection from a cold or flu, use frankincense essential oil to help provide relief from coughing. It can help eliminate phlegm in the lungs. It also acts as an anti-inflammatory in the nasal passages, making breathing easier, even for those with allergies or asthma. Add a few drops to a cloth and inhale for the respiratory benefits or use an oil diffuser.

Helps Relieve Inflammation and Pain: To improve circulation and reduce symptoms of joint pain or muscle pain related to conditions like arthritis, digestive disorders, and asthma, try massaging frankincense oil to the painful area or diffusing it in your home.

Stress Relieving: Frankincense oil induces the feeling of peace and relaxation. Add a few drops of frankincense oil to a hot bath for stress relief. You can also add frankincense to an oil diffuser to relieve anxiety.

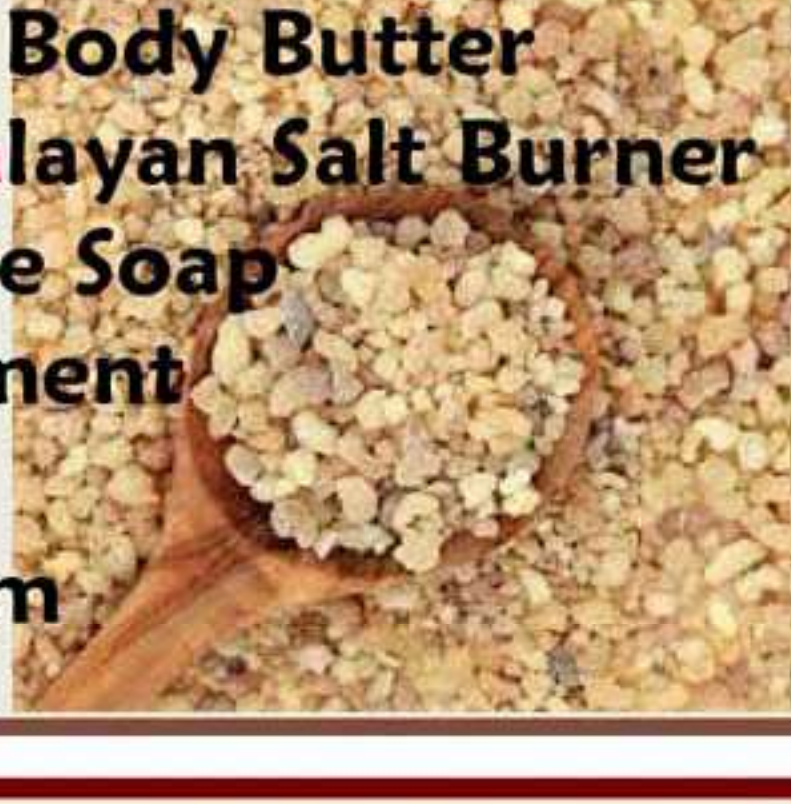
Frankincense oil is an antiseptic, meaning it will help eliminate bacteria and viruses.

Due to its antiseptic properties, frankincense oil is a great addition to any oral hygiene regimen. It can help prevent dental health issues like tooth decay, bad breath, cavities, or oral infections. You can also consider making your own toothpaste by mixing frankincense oil with baking soda.

The Soap Barn

6 Frankincense Recipes for you Keeping you healthy and happy

- * Frankincense Whipped Body Butter
- * Frankincense and Himalayan Salt Burner
- * Frankincense Farmhouse Soap
- * Frankincense Lip Treatment
- * Frankincense Toner
- * Frankincense Face Serum



Frankincense Whipped Body Butter

Requirements:

200ml melted soy wax (Soap Barn)
100ml melted coconut oil (Soap Barn)
100ml Frankincense oil infusion (Soap Barn)
Glass or plastic jars for packaging (Soap Barn)

Method:

Melt all the ingredients together and then leave to cool completely. Stir through every now and then while the mixture is cooling. When the mixture is cool whip it till stiff with your electric hand beater. Then put in a piping bag with meringue nozzle and pipe it into your jars.

You can add a drop or two of frankincense essential oil to this mixture



Frankincense Farmhouse Soap



Requirements:

Frankincense Farm House Soap (Soap Barn)
Soap Mould (Soap Barn)

Method:

Gently melt your soap in the microwave or in a pot on the stove over a low heat. Leave to cool until it has formed a skin on top. Then pour your soap into your mould and leave 2 hours to set.

Un-mould your soap and leave for a day or so to dry out before you package. Or use it immediately for the best wash ever. This soap is 100% natural made with coconut oil, clay and frankincense. It is wonderful for all kinds of skin ailments especially acne and eczema.

Frankincense Burner



Requirements:

Frankincense resin (Soap Barn)
Himalayan pink salts (Soap Barn)
Burner (Soap Barn)
Tea light candles (Soap Barn)
Grinder (Soap Barn)

Method:

Fill your grinder with Frankincense resin and Himalayan salts. Grind the mixture into the top of your burner. Light a tea light candle underneath and enjoy all the amazing benefits of breathing in the warm melting resin. Help clear your sinuses and enjoy the relaxation benefits of the frankincense.



Frankincense Lip

100ml melted soy wax (Soap Barn)
30ml melted coconut oil (Soap Barn)
30ml Frankincense oil infusion (Soap Barn)
Lip balm pots or tubes (Soap Barn)

Treatment

Method:

Mix all melted ingredients together. Leave to cool and decant in pots or tubes. You can add a drop or two of frankincense essential oil to your mixture if you like. This lip treatment is wonderful for dry, chapped lips. It is 100% natural, gentle and healing. It's also great for anti aging and wrinkles around the lips.



Frankincense Face Serum

100ml shea butter (Soap Barn)
100ml frankincense oil infusion (Soap Barn)
100ml emulsifying wax (Soap Barn)
50ml Euxyl preservative (Soap Barn)
100ml frankincense solution (as per frankincense toner)
Glass or plastic jars for packaging (Soap Barn)
Lotion dispenser bottles for packaging (Soap Barn)

Method:

Melt your shea butter, emulsifying wax and frankincense oil infusion together over a low heat. Add your frankincense solution while constantly stirring your mixture. Then add your Euxyl. Leave to cool completely and then decant into bottles.

You can add a drop or two of frankincense essential oil to your mixture if you like.

Use this facial serum at night before you go to bed. The frankincense solution and revitalizes your skin. It heals and calms your skin and of course it calms you too for a better sleep.



Frankincense Toner

Frankincense resin (Soap Barn)
Bottle for storage

Method:

Put 2 tablespoons of frankincense resin in a pot with 1lt water. Put the pot on the stove over a medium heat. Stir till all the resin has dissolved in the water. Leave to cool and decant into a bottle. You can add a drop or two of frankincense essential oil to your mixture if you like.

Use this solution as your toner.

This toner is a disinfectant, astringent, anti aging, heals acne and scars. You can also add this solution to your bath water. It has relaxing properties and reduces nervous anxiety.

