

# 15 Easy Steps for Infusing Frankincense in Oil.

By Ryan Bambrick. (With a few inserts by Robin B. Kessler, CA)

## **Step 1: Gathering your supplies and ingredients.**

I am using fractionated coconut oil, and frankincense powder as my ingredients. My supplies are a medium to large sized pyrex glass measuring cup, a general measuring cup, frankincense powder, spoons, boiling pot, water, coffee filters, rubber bands.

*Optional items: Kitchen scale, roll on perfume bottles, 10 ml syringe*



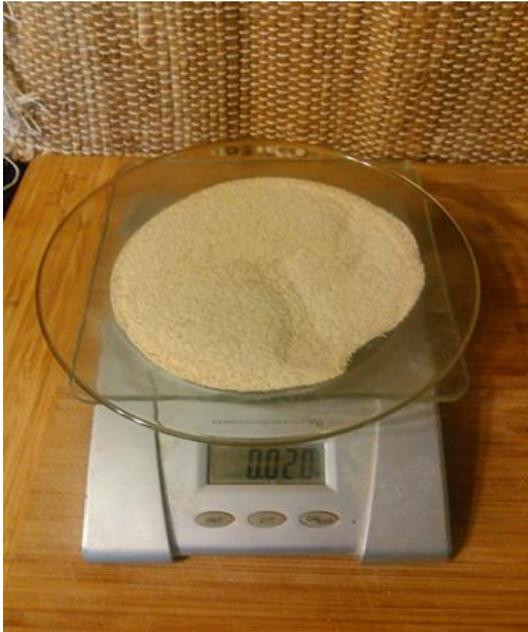
## Step 2: Measuring your Hojari Powder.

I placed the powdered Hojari into the Pyrex Measuring cup with a teaspoon.

I placed the powdered Hojari into the Pyrex Measuring cup with a tablespoon. It is 40 grams on a scale if you have one.

**Instructions for using the whole resin instead of the powder is further down in this tutorial.**





### **Step 3: Fill your Boiling Pot.**

**Fill your boiling pot with water. Use about 3 inches of water. Now place the Pyrex measuring cup into the boiling water.**



Fill your Boiling Pot with 3 inches of Water



**Add your Pyrex measuring cup with the Frankincense Powder**

#### **Step 4: Measure your fractionated oil.**

**Measure out your fractionated coconut oil in your second measuring cup. I used 1 cup of fractionated coconut oil for this recipe and pour it into the pyrex with the powder.**



## Step 5: Boiling, Boiling Boiling....

Your boiling pot is now ready! It is now filled with water, and your pyrex measuring cup with the frankincense and fractionated coconut oil is placed in the center of the pot.

We are using the heated water, to infuse the coconut oil with the frankincense powder.

Set your pot on the stove top, and turn the burner on low. **This is very important!** Glass needs to be heated, and cooled slowly. This will be a slow process, on low heat for 30-45 minutes. Bring your water to a subtle boil. After about 30-45 minutes, your powdered frankincense and oil mixture will look like the photo below.

**(note- for Frereana you only need to boil it for 20minutes. This resin melts almost immediately)**

When you are finished boiling, turn of the heat, and let the pyrex cup remain in the pot with water, until it cools completely. Again, this is very important! Rapidly cooling, or heated glass can break or even burst.

I let mine rest about 45 minutes.



## Step 6: Cooling, Cooling, Cooling...

Removing the Pyrex glass from the pot. As you can see below in the next picture, we now have a cloudy mix of frankincense and fractionated coconut oil.

**I let my mixture settle for 1 day, to allow the gritty and gummy residue to sink to the bottom.**



**The fresh infusion of frankincense and coconut oil**

**Either leave it in the measuring cup or pour the whole thing into another clean sterile glass jar. Cover the jar or measuring cup.**

### **Step 7: Wait, Waiting, and Settling....**

**After waiting 2 weeks,** we can now see the golden color of the frankincense oil, and the sediment building at the bottom. We want to let it sit for about 2 weeks to allow it to infuse more into the carrier oil. The longer it sits the better. You can even allow it to sit for up to 2 months.



**Sediment is separating from the golden frankincense oil**

## **Step 8: Preparing the vessels and utensils.**

**Have glasses available, coffee filters, and rubber bands. Before beginning, I labeled my container with its ingredients, measurements and the date.**



## Step 9: Preparing to filter.

You can use a coffee pressor first to filter out any sediments then pour it into the coffee filter. This method just makes the time shorter for filtering.



Place coffee filters over your glass, and secure in place with a rubber band. We will be filtering our oil mixture soon, so make sure it is loose enough in the middle, to hold enough oil



**Coffee filter is used to separate sediment from frankincense oil.**

## Step 10: Pouring, filtering, and much more waiting...

Slowly pour your frankincense oil mixture into the filter. Try to pour the top oil layer only, and keep as much of the sediment on the bottom of the pyrex glass. This is a slow filter process. It will slowly drip, and filter out the sediment. I set up 3 glasses to filter more of the mixture quicker.





## Step 11: My *sediments* exactly.

I have reached the very bottom containing the sediment. I have decided to use a new glass for filtering the sediment alone.

This sediment may be worth keeping as an additive for scrubs.



**The final frankincense sediments may useful for scrubs**

## Step 12: Removing the filters, and saving the sediment.

After your oil has fully filtered through the coffee filters. Remove them. You may scrape the sediment out onto a plate of its own.



## Step 13: Admire your liquid gold!

**Kings and queens had frankincense, and now so do you! Your frankincense oil is ready for so many applications! Enjoy the scent, and imagine the possibilities.**



**Liquid Gold! Frankincense infused Oil.**

## Step 14: Consolidate and save!

**Pour all your filtered oils together! Voila! Frankincense infused oil! Now this turned such a beautiful golden color. It is also extremely fragrant, I decided I want to wear it, so I used a 10 ml syringe, and placed the oil in 10 ml perfume roller bottles.**



## Step 15: Your finished!

Fill your final containers!





## From Powder to Perfume!



**This can be used for any resin**

**Boswellia Papyrifera, B. Sacra/Carterii, and B. Serrata have been laboratory tested and found to contain Boswellic acids, so if you are looking for the most acid, get one of these.**

You can take any of the resins and grind them down into a powder and use these methods

1. Purchase a coffee grinder ( they are not expensive)
2. Purchase the resin
3. Put the resin in a glass jar and freeze it for one hr
4. Put it into the coffee grinder and grind it down to a thin powder

Now follow the directions on how to melt it

**Shelf life once melted**

a couple of years if you add vitamin e to it and keep it in a cool dark place.

The possibilities are endless!

You can get this power on Ryan's website

below <http://frankincense.net/collections/frontpage/products/boswellia-sacra-powder-hojari-frankincense-from-oman?variant=14815205380>.

## Using the whole resin

You can use basically the same method as the powder.

You put 1 ounce of whole resin into 8 ounces of carrier oil. Use the same double boiling method as you see above. Now again cover the jar and allow it to sit in a cool dark place for about 2 months, shaking it every day.

Strain it the same way as above. When you do it this way you can dry out the resin that is left over and use it again for another infusion. If you decide to do this then your ratio changes to 1:2 (1 being the resin (1 oz) to 2ozes of carrier oil. The resin is not as strong as it was the first time around so you use less carrier oil.