



# **Frankincense & Myrrh: Through the Ages, and a complete guide to their use in herbalism and aromatherapy today**

*Martin Watt, Wanda Sellar*

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The story of frankincense and myrrh runs in tandem with man's evolution. Their use in so many varied ways has accompanied man and woman through the uncertain and often stormy path of life.

Once prized as highly as gold, frankincense and myrrh's use in perfumery suggested an exclusivity as do the celebrated perfumes of today. But they offered much more than mere aesthetic delight. At times they were a life-line to spiritual and physical health and well-being.

Over many centuries the use of frankincense and myrrh pervaded a wide range of societies and religions. The caravan trails for this valuable cargo have disappeared but these aromatics continue to be valuable commodities both in the East as well as in the West.

Frankincense and Myrrh continue to excite the imagination and are probably the most famous aromatics of all time. Their appeal and magic will never die and this book explains why.

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