

# MYRRH

*Commiphora myrrha 15 mL*

*Hot, smoky, herbaceous, woody, dry*

*Aromatic description*

## PRIMARY BENEFITS

- Cleansing properties.
- Soothing to the skin; promotes a smooth, healthy looking complexion.
- Promotes balance and well-being when diffused.

## PRODUCT DESCRIPTION

Ancient records show that Myrrh was deemed so valuable that at times it was valued at its weight in gold.

Myrrh essential oil is derived from the gummy resin of the small, thorny Myrrh tree and has been used for centuries for its benefits. Myrrh has been used throughout history as a perfume and incense. It was also employed in embalming and religious ceremonies.

Myrrh has powerful cleansing properties. It is also soothing to the skin when applied topically—promoting a smooth, healthy looking complexion—and promotes balance and well-being when used aromatically.

## USES

- Try adding one or two drops to toothpaste.
- Diffuse to help promote awareness and lift your mood.
- Add to your lotion/moisturiser to help promote a smooth, youthful-looking complexion.
- Add one or two drops to  $\frac{1}{4}$  cup of water with honey for a flavourful and soothing drink.

## DIRECTIONS FOR USE

**DIFFUSION:** Use three to four drops in the diffuser of choice.

**FOOD FLAVOUR USE:** Add one or two drops to food.

**TOPICAL USE:** Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions to the right.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

**PLANT PART:** Resin

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Furanoedudesma 1, 3-diene,  
curzerene



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