

# Myrrh

*Commiphora myrrha* 15 mL

dōTERRA®

Product Information Page (UAE)



**Application:** T | S

**Ingredients:** *Commiphora myrrha*

**Aromatic Description:** Hot, smoky, herbaceous, woody, dry

**Myrrh** | *Commiphora myrrah* 15 mL

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## Primary Benefits

- + Myrrh is highly valued for its myriad of applications.
- + Soothes skin.
- + Contains unique properties that cleanse and improve skin's appearance.

## Description

If Frankincense is the "King of oils", then Myrrh is certainly in the royal court. Its use to improve the appearance of skin makes it a key ingredient in Immortelle™ and many other skin care products. Used historically in meditation and embalming, Myrrh continues to be a precious and important oil in any essential oil collection.

## Uses

- + Use Myrrh to help promote awareness and uplift mood.
- + Add one to two drops to moisturiser.
- + For a convenient Myrrh application, add 1-2 drops of Myrrh to an empty amber roll-on bottle and mix with Fractionated Coconut Oil.

## Directions

**Topical:** General cosmetic use, apply to desired area. For targeted skin application, mix 1-2 drops with ~10 drops carrier oil.

## Cautions

Possible skin sensitivity. Keep out of reach of children. Consult your doctor if pregnant or in treatment. Avoid eyes, inner ears, and sensitive areas. For external use only.