

# Common Myrtle

*Myrtus communis* 5 mL

dōTERRA® | CANADA

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** A T N

**Plant Part:** Leaf/Stem

**Extraction Method:** Steam distillation

**Aromatic Description:** Fresh, camphoraceous, herbaceous

**Main Chemical Components:** 1,8-Cineole,  $\alpha$ -Pinene

## PRIMARY BENEFITS

- Creates an uplifting environment
- Has a stimulating, refreshing aroma
- Helps maintain healthy-looking skin

### Common Myrtle

*Myrtus communis* 5 mL

Part Number: 60217802

Wholesale: \$40.50 CAD

Retail: \$54.00 CAD

PV: 34

## PRODUCT DESCRIPTION

The myrtle plant is a bushy evergreen shrub with glossy, dark green leaves, fragrant white flowers, and purple-black berries. Also known as Corsican pepper, Common Myrtle has been used for thousands of years as a symbol of love, honor, happiness, and generosity. As early as 600 B.C., myrtle was also used in Biblical purification ceremonies. In modern times, myrtle is often found in lotions, perfumes, and bath products. CPTG Certified Pure Tested Grade® Common Myrtle essential oil is refreshing and has a distinctive, eucalyptus-like, clean aroma.

## USES

### Cosmetic

- Add one to two drops of Common Myrtle oil to your daily facial cleanser.
- Combine one to two drops of Common Myrtle oil with Fractionated Coconut Oil for an uplifting aroma during a comforting massage.
- Add three to five drops of Common Myrtle oil to warm bath with Epsom salts.

### Household

- Diffuse three or four drops of Common Myrtle oil for a refreshing aroma.

## DIRECTIONS FOR USE

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

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. For external use only.

