

Myrrh (NHP)

Commiphora myrrha 15 mL

dōTERRA® | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T N

Plant Part: Resin

Extraction Method: Steam distillation

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

Main Chemical Composition: Furanoedudesma 1, 3-diene, curzerene

Myrrh (NHP) | *Commiphora myrrha* 15 mL

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Primary Benefits

- + Helps relieve colds and coughs
- + Relieves symptoms of eczema and dermatitis
- + Relieves minor skin irritation, cuts, bruises and burns
- + Soothes the skin and promotes a clean, youthful-looking complexion
- + Supports oral hygiene

Description

CPTG Certified Pure Tested Grade® Myrrh essential oil is derived from the gummy resin of a small, thorny tree. It has a warm, earthy aroma that is subtly both smoky and sweet. Myrrh offers gentle cleansing benefits, which helps support good oral hygiene. It also soothes the skin when applied topically and promotes a clean, youthful-looking complexion. Using Myrrh in an aromatherapy massage can provide symptomatic relief of eczema and dermatitis as well as relief for minor cuts, bruises, and burns. Diffusing Myrrh for the purpose of aromatherapy can also help relieve colds and coughs.

Uses

- + Add one to two drops to toothpaste for added cleansing benefits.
- + Add one to two drops to water and gargle for a quick mouth rinse.
- + Blend with moisturizer to help promote a youthful-looking complexion.
- + Diffuse to create a balanced atmosphere.

Therapeutic Uses

- + Used in aromatherapy to help relieve colds and coughs.
- + Used in aromatherapy for symptomatic relief of eczema and dermatitis.
- + Used in aromatherapy to relieve minor skin irritation, cuts, bruises and burns.

Directions

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

Keep out of reach of children. External use only. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil (or water). If accidental ingestion occurs, seek urgent medical attention or contact a Poison Control Center. Consult a health care practitioner prior to use if you have epilepsy or asthma, or if symptoms persist or worsen. If you are pregnant or breastfeeding do not use this product. Avoid exposure of applied area(s) to the sun. If you experience nausea, dizziness, headache, or an allergic reaction, discontinue use. For prolonged use, consult a health care practitioner.