

Myrrh

Commiphora myrrha 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T I N

Plant Part: Resin

Extraction Method: Steam distillation

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

Main Chemical Components: Furanoeudesma-1,3-diene, Curzerene, Lindrestrene

PRIMARY BENEFITS

- Soothing to the skin; promotes a smooth, youthful-looking complexion
- Promotes emotional balance 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 internal and external health benefits. Myrrh has been used throughout history as a perfume, incense, and health aid. It was also employed in embalming and religious ceremonies. Myrrh is soothing to the skin when applied topically—promoting a smooth, youthful-looking complexion—and promotes emotional balance when used aromatically.

USES

- Add 1–2 drops to toothpaste for added cleansing benefits.
- Diffuse to help lift your mood.
- Add to your lotion/moisturizer to help reduce the appearance of fine lines and wrinkles.
- Add 1–2 drops to 1/4 cup of water with a little agave or honey.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fl. oz. of liquid.

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

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.

