

Myrrh

Commiphora myrrha 15 mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

While it is known to hold powerful cleansing properties, Myrrh oil can also create an inspiring atmosphere with its aroma.

Plant Part: Gum/Resin

Extraction Method: Hydro-distilled

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

Main Chemical Components: Furanoeudesma-1,3-diene, curzerene, lindestrene

PRIMARY BENEFITS

- May be beneficial to the skin
- Creates an inspiring and balanced atmosphere

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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. It was also employed in embalming and religious ceremonies. It may also be beneficial to the skin when applied topically.

USES

- Diffuse to create a balanced atmosphere.
- Add to your lotion/moisturizer.
- Add one to two drops to a couple ounces of water and gargle for a quick mouth rinse.*

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fluid ounces of liquid.

Topical use: Dilute one drop to 5 ml dōTERRA Fractionated Coconut Oil. 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.