

Myrrh

Commiphora myrrha 15 ml

dōTERRA® | INDIA

Product Information Page



CPTG®

Application: A | T | S

Plant Part: Gum/Resin

Extraction Method: Hydro-distilled

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

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

Myrrh | *Commiphora myrrha* 15 ml

SKU: 60222439

Primary Benefits

- + Supports oral hygiene
- + Soothes skin and promotes a smooth, youthful-looking complexion
- + Creates an inspiring and balanced atmosphere

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 reported to be beneficial for oral hygiene. It is also soothing to the skin when applied topically—promoting a smooth, youthful-looking complexion.

Uses

- + Add one to two drops to toothpaste for added cleansing benefits.
- + Diffuse to create a balanced atmosphere.
- + Blend with a moisturizer to help reduce the appearance of fine lines and wrinkles.
- + Add one to two drops to water and gargle for a quick mouth rinse.†

Directions for Use

Aromatic use: 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. 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.

†These statements have not been evaluated by the Central Drugs Standard Control Organisation. This product is not intended to diagnose, treat, cure, or prevent any disease.