

Myrrh

Commiphora myrrha 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **A** **T** **N**

Plant Part: Gum/Resin

Extraction Method: Hydrodistillation

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

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

PRIMARY BENEFITS

- Powerful cleansing properties
- May be soothing to the skin
- Creates an inspiring and balanced atmosphere

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 everything from medicine to religious purposes. It has been used throughout history as a perfume, incense, and health aid. Myrrh has powerful cleansing properties. It may also have soothing properties. Myrrh essential oil holds limitless uses for everyday life.

USES

- Add one to two drops to toothpaste for added cleansing benefits.
- Diffuse to create a balanced atmosphere.
- Add to your lotion/moisturizer.

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. 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.

