

# Myrrh

*Commiphora myrrha* 15 mL

dōTERRA®

Product Information Page



**CPTG** Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Resin

**Extraction Method:** Hydro-distilled

**Aromatic Description:** Warm, smoky, herbaceous, woody, dry

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

**Myrrh** | *Commiphora myrrha* 15 mL

**30160001**

## Primary Benefits

- + Provides a soothing and balancing aroma
- + Calms skin and promotes a smooth, youthful-looking complexion when used with other oils
- + Supports oral hygiene

## Description

Ancient records show that myrrh resin was deemed so valuable that at times it was valued at its weight in gold. Myrrh has been used for centuries for various purposes and has a long history of use in traditional wellness practices and religious ceremonies. Today myrrh can be found in many perfumes. CPTG® Myrrh essential oil is derived from the gummy resin of the small, thorny myrrh tree. It has a warm, earthy, and slightly sweet aroma. Myrrh is reported to be beneficial for oral hygiene. It may be calming when applied to the skin and help promote youthful-looking skin when used with other oils.

## 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 mouth rinse.

## Directions

**Aromatic use:** Add 3 to 4 drops to the diffuser of choice.

**Internal use:** Dilute 1 drop in 4 fluid ounces of liquid.

**Topical use:** Apply 1 to 2 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.