



# Myrrh

## *Commiphora Myrrha Essential Oil*

Myrrh can increase your spiritual self, and has very powerful cleansing properties, specifically to the throat and mouth. Myrrh can also be used to aid in overall well-being and balance.

Size: 15ml

Size: 5ml

### APPLICATION METHODS:



Can be used topically



Can be used aromatically

### Primary Benefits

Powerful cleansing properties, especially for the mouth and throat, great help for female problems, soothing and calming to the skin; promotes a smooth, youthful-looking skin, aids in emotional balance and well-being.

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Warm, musty, smoky, woody, dry

### Collection Method

Steam Distillation

### Plant Part

Resin

### Main Constituents

Furanoedudesma 1, 3-diene, curzerene

### Description

Myrrh was very popular in the ancient world and was used as a medicine by the Chinese and Egyptians. Myrrh, another oil mentioned in the Bible, was so valuable in ancient times that it was valued at its weight in gold at times. Myrrh has many internal as well as external health benefits. It has powerful cleansing properties, especially for the mouth and throat. Myrrh oil is of great benefit to the respiratory tract, the digestive system, in skin care, as well as gynecological problems. It is very calming to the skin and can promote a smooth, youthful looking complexion as well as promoting balance and well-being when diffused.

### Uses

- Add to mouthwash to aid in all dental infections
- Add one to two drops to toothpaste for added cleansing benefits
- Diffuse for enhancing spirituality and when meditating
- Add to your lotion/moisturizer to aid in reducing the appearance of fine lines and wrinkles
- Add to carrier oil to help with a variety of female problems, including promoting menstruation and relieving painful periods
- Add one to two drop to 1/4 cup of water with a little agave or honey to help ease the stomach

### Properties

Anti-inflammatory, Antimicrobial, Antiseptic, Astringent, Carminative, Sedative, Digestive and Pulmonary Stimulant

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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