



MYRRH Essential Oil (Egypt)



Botanical Name: *Commiphora myrrha*

Main Constituents:

Furanoeudesma 1,3 diene: 44.25%

Plant Part: Resin

Origin: Egypt

Processing Method: Solvent Extraction

Child Safe: No

Description / Color / Consistency: A medium to viscous, amber to dark amber liquid.

Aromatic Summary / Note / Strength of Aroma: A middle note with a medium aroma, Myrrh Essential Oil has a warm, rich, spicy balsamic odor.

Myrrh trees, native to northern India and North Africa, grow up to 10 meters in height, have sturdy, knotted branches, trifoliate aromatic leaves, and produce small white flowers. The trunk exudes a natural oleoresin when pierced, and the pale yellow liquid hardens into reddish-brown droplets known as Myrrh. Only a certain amount of the resin is taken from each tree to ensure their continued health.

Myrrh is a tree resin that has been used and valued since ancient times for its medicinal, cosmetic, aromatic and spiritual applications. In Christianity, Gold, Frankincense and Myrrh were the gifts given to the baby Jesus by the three wise men.

Myrrh Essential Oil is distilled directly from myrrh resin. Myrrh Essential Oil smells more pleasant than the resin, but I still find the aroma of the oil to be a bit harsh on its own. The aroma of Frankincense Oil helps to round out and freshen the aroma Myrrh Essential Oil. The aroma is woody, earthy and a bit balsamic. It is a wonderful base note to include in blends intended for spiritual, meditative and Christmas room fragrancing applications.

Emotional/Energetic Qualities

Calms the mind, brings tranquility, grounding
Soothes those who are prone to overthinking and distraction
Brings inner stillness and a sense of peace
Used in meditations to connect physical and spiritual



Therapeutic Properties

Analgesic: Myrrh has analgesic and anti-inflammatory activity (Su *et al.* 2011).

Antifungal: from experience, we have seen that it can support the healing of slow healing fungus.

Anti-inflammatory: Myrrh has good anti-inflammatory action (Su *et al.* 2011). It is used in Chinese medicine for arthritis, and in Ayurveda for inflammatory diseases (Shen *et al.* 2012).

Antioxidant: Myrrh essential oil is a singlet oxygen quencher (Tonkal and Morsy 2008).

Astringent: Resin oils were used as astringents in traditional medicine, and their essential oils are often used in the same way.

Calming: Resins were used for calming and meditation and their essential oils are often used in the same way.

Skin healing: The oil is anti-inflammatory and has good skin protection and regenerating potential (Baylac and Racine 2004).

Warming: Myrrh is regarded as a warming remedy in traditional medicines, used to alleviate conditions associated with cold and damp, such as arthritis.

Musculoskeletal: Myrrh is very useful in blends for pain, inflammation, and arthritis. It works well with Juniper Berry, Cypress, Frankincense, Clove Bud, and Black Pepper.

Skin: I have used Myrrh for many kinds of skin issues: athlete's foot, slow healing wounds or fungus, eczema, and mature skin are a few examples.

Respiratory: Myrrh's mucolytic and decongesting nature makes it a good addition in blends for the respiratory system. It works very well with Frankincense, Sandalwood, and Cardamom. It's great in respiratory blends for calming coughs.

Safety

Myrrh essential oil is a non-toxic, non-sensitizing, non-irritant. Many physicians in ancient medicine considered it an abortifacient, and even though this has not been proven true, it is strongly recommended that it not be used during pregnancy.

Contraindicated for pregnancy and breastfeeding, due to its β -elemene and furanodiene content, which may be fetotoxic.

Always test a small amount first for sensitivity or allergic reaction.



****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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