



MYRTLE Essential Oil



Botanical Name: *Myrtus communis*

Plant Part: Leaves and twigs

Extraction Method: Steam Distilled

Origin: Morocco

Color: Reddish brown

Consistency: Thin

Note: Middle

Strength of Aroma: Myrtle Essential Oil has a clear, fresh scent that is slightly camphoraceous – much like Eucalyptus Oil.

Child Safe: See Safety Precautions below

Major Constituents of Green Myrtle Essential Oil

- α -Pinene
- 1,8-Cineole
- Myrtenyl Acetate
- (+)-Limonene
- Linalool

Also known as Corsican Pepper, the Myrtle tree is typically 3-7 meters in height with reddish brown bark, pointed leaves, and small white or pink flowers. Native to North Africa, the trees used for essential oil are cultivated in Corsica, Spain, Morocco, Italy and France.

This essential oil is of the communis variety (commonly referred to as 'green' Myrtle) and is revered in medicine because of its high 1,8 cineole content. Green Myrtle oil is also considered the most valued of the Myrtle varieties for use in aromatherapy as it has the most complex and pleasant aroma. Gentle and mild, Green Myrtle is an excellent choice for supporting the respiratory system, especially for use with children. Myrtle essential oil's aroma is thought to be elevating and euphoric with a clear, fresh, camphoraceous, sweet herbal scent somewhat similar to Eucalyptus.

Myrtle Essential Oil has common use as an astringent, antiseptic, vulnerary, bactericidal, expectorant and as a decongestant. Aromatherapy applications include usage to combat sore throats and coughs.

Essential oil of Myrtle is also a natural astringent with balancing and harmonizing actions to the skin making it useful particularly for acne and oily skin.



Common Uses:

Bronchitis, sinus infection, laryngitis, bronchial infection, coughs, colds, cystitis, urinary tract infection, heavy legs, insomnia, skin disorders, psoriasis, acne, pimples, boils, parasitic infection, head lice, mite bites, emotional, mental, and physical exhaustion (from *The Complete Book of Essential Oils and Aromatherapy* by Valerie Ann Wormwood).

Safety Information

Tisserand and Young recommend a maximum dermal use level of "1.9% for myrtle oils based on either 1.4% estragole and 0.8% methyleugenol content or 0.2% estragole and 1.0% methyleugenol content, and dermal limits of 0.12% and 0.02% for estragole and emthyleugenol, respectively." Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, *Essential Oil Safety* (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 357-358.]

****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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