

Myrtle, green

Myrtus communis

Therapeutic Properties: *Anticatatarrhal, antiseptic (urinary, pulmonary), astringent, balsamic, bactericidal, deodorant, expectorant, regulator, slightly sedative.*

Grown in the Mediterranean, legendary Green Myrtle has been used and written about for centuries. It has a long history as a medical herb and was used in Egypt and Greece extensively. Green Myrtle is antiseptic and bactericidal, particularly in pulmonary and urinary infections. It has an astringent effect and can be useful with hemorrhoids, especially when combined with Cypress Essential Oil.

Green Myrtle may be used for extended periods to assist the body with chronic respiratory disorders, as an expectorant, and as an antiseptic for assisting with sinus infections, colds, bronchitis, asthma, and even tuberculosis. Green Myrtle may be used by itself or with Juniper Berry as an antiseptic to assist with urinary tract issues. For bladder infections, a sitz bath and oral application are known to be complementary. For hemorrhoids, when mixed with Cypress and witch hazel, has been shown to be extremely beneficial.

Because of its relative mildness, this is a very suitable oil to use for children's coughs and chest complaints. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 182.].

Psychologically, Green Myrtle may help soothe feelings of anger, greed, envy, or fear. It has been recommended for people with addictions or self-destructive behavior. It supports those who need to weather dark times and prepare themselves for brighter ones. Green Myrtle is helpful for people whose body seems draped in a gray-brown veil from smoking, drug abuse, or emotions like anger, greed, envy, or fear. In such cases, Green Myrtle helps cleanse the person's delicate inner being to dissolve disharmony.

aromatherapy & home uses

Immune System: Colds, flu, infections.

Respiratory System: Asthma, bronchitis, catarrhal, coughs.

Skin Care: Acne, hemorrhoids, oily skin, open pores.

suggested usage (10 years & up)

BATH:

- Add 15 drops Green Myrtle and 10 drops Cypress to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist with hemorrhoids and bladder infection.

COMPRESS:

- Mix 2-4 drops of Green Myrtle Essential Oil in 1 pint of hot or cold water; soak a towel in water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser to create a relaxing, antiseptic environment and to assist with respiratory concerns.
- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed to assist with congestion.

INTERNAL

- To assist with a cough, add 2 drops to 1 tablespoon of honey and stir into warm water for a soothing tea. Drink 2-3 times daily as needed.
- To assist with urinary concerns, fill a veggie capsule with 4 drops Green Myrtle, 4 drops Juniper Berry, and 4 drops of carrier oil. Take 2-3 times daily.

TOPICAL

- To assist the body with chronic respiratory concerns, dilute 10 drops Green Myrtle and 10 drops Respi Relief with 1 tablespoon of carrier oil. Massage chest and back.
- For a natural deodorant, add 10 drops Green Myrtle and 10 drops L-Stimulate to one ounce of Silver beSafe. Shake well and spray as desired. Can also be mixed with other natural deodorizing oils.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

Wildcrafted

Producing Organ: *Leaves and twigs*

Extraction: *Steam Distillation*

Country of Origin: *Morocco*

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

pregnancy & children

Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in 10 ml carrier oil*
- 5 to 10 years - *6 drops in 10 ml carrier oil*
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan Salt*
- 5 to 10 years - *6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality*
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

availability

10ml Bottle



QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

©2012 Alexandria Brighton, Brighton Institute of Botanical Studies