

Myrrh

commiphora myrrha 10ml

The use of Myrrh is documented in ancient Egypt, in the Bible, and in Greek and Roman texts. The healing benefits have been historically regarded as more precious than Frankincense.*

Myrrh is powerfully anti-viral, anti-inflammatory, and due to its antibacterial qualities, helps to prevent infection, clear toxins, and promote tissue repair. It is often used on wounds that are slow to heal, weepy eczema, and athlete's foot.*

Psychologically, Myrrh is believed to enhance visualization, provide relief from worry and over-thinking, enhance deep connectivity to one's spirituality, and act as a meditative aid. It is particularly valuable for people who feel stuck emotionally or spiritually and want to move forward in their lives.*

USES

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser in 15 minute intervals throughout the day.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale as needed.*

bath

- **Bath:** Add 8 to 10 drops to ½ cup Pink Himalayan or Dead Sea salt and add to a warm tub of water.*

internal

- **Beverage:** Add one drop to 1 tablespoon of honey and stir into warm water for a soothing tea.*
- **Feminine Hygiene:** Create a douche with 5 drops in 6 ounces of water. Shake well, rinse vaginally.*
- **Gargle/Mouthwash:** For a therapeutic gargle and mouthwash, add 10 drops to 6 ounces of water, shake well. Useful in healing canker sores and mouth ulcers, as well as gum disease.*
- **Internal:** Use 2 to 3 drops in a veggie capsule with carrier oil to reduce overgrowth of candida.*

topical

- **Lotion/Massage:** Add a few drops to lotion or carrier oil and use to moisturize and support healthy skin.*
- **Massage:** Dilute with carrier oil and use for a relaxing massage.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 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.*

goDesana

Product Information Page



application methods

Aromatic • Bath • Internal • Topical

safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

properties

Wildcrafted

Producing Organ: Resin

Extraction: Steam Distillation

Country of Origin: Ethiopia

Main Chemical Constituents: Heerabolene, limonene, dipentene

Therapeutic Properties: Anticatarrhal, anti-inflammatory, antimicrobial, antiphlogistic, antiseptic, astringent, balsamic, carminative, cicatrizing, emmenagogue, expectorant, fungicidal, revitalizing, sedative, stimulant (digestive, pulmonary), stomachic, tonic, uterine, vulnerary

responsible cautions

- Not for use during pregnancy.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

**The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*