

# Myrrh

COMMIPHORA MYRRHA

Ancient's used Myrrh in religious ceremonies dating back thousands of years. This balsamic oil is known for calming and medicinal properties. It is classified as a shrub Myrrh trees can grow up to 30 feet high. When the heartwood of the tree is pierced a resin oozes out and hardens into reddish brown droplets called "tears." Myrrh Essential Oil is renowned in aromatherapy circles for its ability to act as a servant oil. It aids in meditation and healing.

## COUNTRY OF ORIGIN

Ethiopia, South Africa, Egypt

## EXTRACTION METHOD

Steam Distillation

## PLANT PART

Balsamic, Resinous, Spicy, Warm and Radiant

## BOTANICAL FAMILY

Burseraceae

## CHEMICAL FAMILY

Sesquiterpenes, Ketones

## AROMA

Fresh, Herbaceous, Sweet, Warm and Radiant, Woody

## NOTE

Base

## SAFETY

- Non-toxic
- Non-irritating

Myrrh Essential Oil can be possibly toxic in high concentrations, and should not be used during pregnancy.

## THERAPEUTIC PROPERTIES

The high sesquiterpene content contributes to the anti-inflammatory and pain-relieving effects of Myrrh. Myrrh was highly prized amongst the Arabians because of its ability to treat skin conditions such as wrinkles, chapped, and cracked skin. Like Clove Bud, Myrrh is used in a significant number of oral hygiene products.

ANALGESIC	DECONGESTANT	ANTIHYPERTHYROID
ANTI-INFLAMMATORY	SKIN HEALING	IMMUNE SUPPORT
ANTIBACTERIAL	WARMING	CARMINATIVE
ANTIFUNGAL	ANTI-INFECTIOUS	STOMACHIC
ASTRINGENT	ANTI-PARASITIC	ANTICATARRHAL
CICATRISANT	EXPECTORANT	DIAPHORETIC
VULNERARY	LOCAL ANTISEPTIC	ANTISPASMODIC
ANTIMICROBIAL	ANTIOXIDANT	SKIN CELL REGENATIVE

## BODY SYSTEMS

### DIGESTIVE

DIGESTIVE UPSET & CRAMPING

### ENDOCRINE

THYROID HEALTH

### IMMUNE

INFECTION & VIRUS

### INTEGUMENTARY

GUM DISEASE & BLEEDING, ECZEMA & WOUNDS, FINE LINES

### LIMBIC

DEPRESSION, CALMING & ANXIETY, EMOTIONAL BALANCE



## BODY SYSTEMS (CONT.)

### RESPIRATORY

### CONGESTION & MUCUS

#### REFERENCES:

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