

The Mystic Owl Apothecary
Essential Oil Profile Sheet

Myrrh Essential Oil

Botanical Name: Commiphora myrrha

Plant Part: Resin

Processing Method: Steam Distilled

Origin: india

Color: Dark Brown

Consistency: Medium to viscous

Note: Middle/Base

Strength of Aroma: Medium

Aromatic Scent: Myrrh Essential Oil has a warm, rich, earthy, woody, spicy balsamic odor.

Blends well with: any warm, spicy oil like Frankincense, Sandalwood, or Clove, with floral or leafy oils like Lavender, Eucalyptus, or Jasmine. Also good with Palmarosa, Patchouli, Rose, Rosewood, Sandalwood, Tea Tree and Thyme.

Common Uses:

Amenorrhea, athlete's foot, bronchitis, chapped skin, dysmenorrhea, gums, halitosis, hemorrhoids, itching, mouth, ringworm, toothache.

Cautions:

Myrrh Essential Oil can be possibly toxic in high concentrations. Tisserand and Young indicate that Myrrh Oil may be fetotoxic, and thus is contraindicated in pregnancy and lactation.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

