

QUICK REFERENCE SHEET

MYRRH

Commiphora myrrha



Plant Family:
Burseraceae



Extraction Method:
Steam Distilled



Part Utilized:
Resin



**Region of
Origin:**
Madagascar

AFFINITY FOR:

digestive system, respiratory system, vascular system, base chakra, earth and metal elements, yang energy, throat chakra

THERAPEUTIC PROPERTIES:

anti-inflammatory, pectoral, antiseptic, antispasmodic, cholagogue, cicatrizing, balsamic, expectorant, antifungal, astringent, vulnerary, soporific, hemostatic

AROMATIC CONSIDERATIONS:

Myrrh has been used in meditation for centuries. It is a wonderful oil, although it doesn't have the most pleasant aroma.

APPLICATION:

Myrrh essential oil can be diluted and applied to the feet or anywhere on the body. Myrrh is a resin; even diluted it remains tacky on the skin for a few minutes.

! CAUTIONS:

Myrrh should be limited by pregnant women because Myrrh is a mild uterine stimulant.

INGREDIENT IN:

LeBenediction, LeBountiful, LeDeeper, LeEZ Traveler, LeFortitude, LeGrateful Heart, LeJourney, LeLivN, LeMagi, LeMeditation, LeRefreshMint, LeWhispering Hope

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Myrrh essential oil helps us see ways and means for the achievement of our dreams. It opens our minds to inspiration and the direction of the spirit while keeping us firmly grounded in reality and common sense. Myrrh has an affinity for the base chakra, which connects this essential oil to issues of abundance and bounty. When we open ourselves to receive the gifts of the spirit and of the material world, these gifts will be given to us.

PHYSICAL ASPECTS:

One of the outstanding properties of Myrrh is astringency, which means causing tissues and blood vessels to contract naturally. Myrrh can tighten the gums, tone the skin, aid muscle contraction in the intestines and other internal organs, and stop bleeding. Myrrh relieves congestion in the lungs and sinuses. As a stimulant, Myrrh has an effect on thoughts, blood circulation, the secretion of needed bile in the digestive process, the pumping action of the heart, and makes you more alert by stimulating the brain and nervous system. Myrrh's stimulant properties have a particular affinity for the immune system and the circulation.

Myrrh essential oil increases perspiration during times of illness, ridding the body of toxins and cleansing the pores of the skin. Myrrh is an excellent choice for skin complaints such as eczema, ringworm, athlete's foot, chapped and cracked skin, stretch marks, rashes, and wrinkles.