QUICK REFERENCE SHEET

OPOPONAX

Commiphora guidotti

Plant Family: Bruseraceae

Extraction Method: Oleoresin

Part Utilized: Gum, Resin

Region of Origin:

Kenya

AFFINITY FOR:

mucous membranes, muscles

THERAPEUTIC PROPERTIES:

antiseptic, antiparasitic, general cerebral and circulatory stimulant

AROMATIC CONSIDERATIONS:

Opoponax is sweet, spicy, and warming with herbaceous undertones. It has a more pleasing aroma than regular Myrrh.

APPLICATION:

Can be applied anywhere on the body. As with most essential oils, it is best diluted.

INGREDIENT IN:

LeAboutFace, LeAgeless, LeMariah

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Opoponax is an oil for precision and logic. Opoponax clears fuzzy thinking and helps daydreamers come down from the clouds. It is a good addition to blends which will be used to stimulate clarity of thought and attention to detail. Opoponax can help us make desired changes in our lives and in ourselves because it helps us see situations with more clarity. Opoponax can give us direction and purpose. Emotionally, this oil supports our ability to sort truth from error. It can help us see the way to justice and responsibility in our daily lives.

PHYSICAL ASPECTS:

Opoponax has a drying action on mucous build-up in the lungs. It can be used for bronchitis, colds, sore throats, and coughs.

Opoponax is effective as a muscle relaxant and anti-inflammatory, making it useful for arthritis. It may help purge stagnant blood from the uterus. Opoponax is an excellent insect repellent.

GENERAL INFORMATION:

Opoponax is sometimes used as a base note in blends where it stabilizes and sweetens the aroma.

©2020 Butterfly Expressions LLC