

## Myrrh - *Commiphora myrrha*

**Code:** T119

**Vol:** 5ml

**Country of Origin:** Somalia

### About the oil

**Distilled From:** The resin of the Myrrh tree.

**Aroma & appearance:** Sweet, smoky, slightly musky aroma. Pale yellow to amber in color.

### Some beneficial ways of enjoying the oil:

- Place 1 drop each of Myrrh, Benzoin and Lavender in a bowl of boiling water. Drape a towel across your head and shoulders and inhale the vapors for a few minutes.
- Try blending 1 drop of Myrrh, 2 drops of Geranium and 1 drop of Peppermint in 10ml of Coconut oil to use as a massage oil on neglected feet.

Myrrh, like Frankincense, is distilled from a resin. It is extremely viscous, and therefore more difficult to use. You can use a larger dropper for this oil, but with time it may solidify. The only solution is to warm the oil gently in the hands before use, and to be patient!

### Did you know?

Myrrh has acquired a reputation as a healer over the centuries and as such can be beneficial when used in inhalations to help ease winter ills

**Key Search words:** Soothing, skincare, warming.

### Safety Data

Do not use Myrrh during pregnancy.

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