



# MYRRH

*Commiphora myrrha*

The use of Myrrh is documented in ancient Egypt, in the Bible, and in Greek and Roman texts. The healing benefits have been historically regarded as more precious than Frankincense. Myrrh is powerfully antiviral, anti-inflammatory, and due to its anti-bacterial qualities, helps to prevent infection, clear toxins, and promote tissue repair. It is often used on wounds that are slow to heal, weepy eczema, and athlete's foot.

Psychologically, Myrrh is believed to enhance visualization, provide relief from worry and over-thinking, enhance deep connectivity to one's spirituality, and act as a meditative aid. It is particularly valuable for people who feel stuck emotionally or spiritually and want to move forward in their lives.

## general uses

### BATH

- Add 8-10 drops to ½ cup Pink Himalayan salt, Dead Sea salt, or Clay Vitality and add to a warm tub of water.

### INHALATION

- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale deeply as needed.
- Diffuse 15 drops in 15 minute intervals throughout the day.

### INTERNAL

- For a therapeutic gargle and mouthwash, add 10 drops to 6 ounces of water, shake well. Useful in healing canker sores and mouth ulcers, as well as gum disease.
- Add one drop to 1 tablespoon of honey and stir into warm water for a soothing tea.
- Use 2-3 drops in a veggie capsule to reduce overgrowth of candida. If desired, mix with a carrier oil.
- Create a douche with 5 drops in 6 ounces of water. Shake well, rinse vaginally.

### MASSAGE/TOPICAL

- Topical dilution for healthy individuals ages 10 and up is 10%. A 1%-1.5% dilution is recommended for pregnancy, children, and the elderly.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce

- Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

### RESPONSIBLE CAUTIONS

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.
- Not for use during pregnancy.

## attributes

### Wildcrafted

**Producing Organ**  
*Resin*

**Extraction**  
*Steam distillation*

**Country of Origin**  
*Ethiopia*

### Therapeutic Properties

*Anticatarrhal, anti-inflammatory, antimicrobial, antiphlogistic, astringent, balsamic, carminative, cicatrizant, expectorant, fortifying, fungicide, menorrhagic, stimulant (digestion and lungs), stomachic, vulnerary*

## availability

### 10ml Bottle



#### QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure Therapeutic Grade that are Certified Organic and Wild Harvested. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

#### DISCLAIMER

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