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Myrrh
Commiphora myrrha
Dreams & Visions

Source:

Extraction: Steam distillation of the gum-resin

Blending Factor: 4

Odour Note: Base

Characteristics:

Myrrh is a dark brown smoky, gum-like and slightly musky oil with a warm rich spicy, balsamic odour.

Safety Precautions:

Not to be used in pregnancy. Non-irritant, non-sensitizing, possibly toxic in high concentrations.

History:

This essential oil has its origins in North East Africa, South West Asia, Somalia and Ethiopia. Myrrh is famous together with Frankincense and Gold as the gifts given to Jesus when he was born. Myrrh was an important ingredient in the famous 'megaleion' of Ancient Greece. The mysterious and seductive qualities of Myrrh awaken an awareness of the spiritual reality behind everyday existence.

Therapeutic Actions:

Aphrodisiac, anti-phlogistic, anti-septic, anti-fungal, anti-inflammatory, carminative, expectorant, sedative, stomachic, uterine, vulnerary.

Enhances:

Expands awareness, strengthens, courage, commitment, will, patience, resolution, perseverance and motivation.

Reduces:

Agitation, restlessness, emotional over-reaction, inferiority complex.

Uses:

Respiratory system: Asthma, bronchitis (chronic), catarrh, colds, flu, laryngitis

Skin: Athlete's foot, bruises, cut/wounds, eczema, inflammation, scars, stretch marks, cracked & chapped skin.

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Blends well with:

Cypress, Frankincense, Geranium, Juniper, Lavender, Mandarin, Peppermint, Palmarosa, Patchouli, Pine, Rose, Rosewood, Sandalwood, Tea Tree and Thyme.

Enhance Dreaming		Developing Intuition		Protection of Inner Self	
Myrrh	4	Myrrh	1	Myrrh	3
Chamomile	2	Frankincense	3	Frankincense	2
Neroli	3	Pine	1	Lavender	3
Total drops	9	Total drops	9	Total Drops	8
In Carrier	18	In Vaporiser	18 ml	Carrier	16 ml
Or Bath				Or bath	