

Myrrh Essential Oil

Botanical Name

Commiphora myrrha

Strength of Initial Aroma

Medium – Strong

Blends Well With

Historically and commonly paired with Frankincense, however also pairs well with spicy, citrus, and floral oils

Aromatic Description

Warm, earthy, woody and balsamic aroma

Myrrh Essential Oil Uses

- Spiritually Grounding
- Emotionally Mellowing
- Amenorrhea
- Athlete's Foot
- Bronchitis
- Chapped Skin
- Dysmenorrhea
- Gums

- Halitosis
- Hemorrhoids
- Itching
- Mouth
- Ringworm
- Toothache

Sources: www.aromaweb.com Myrrh EO Monograph

Myrrh Essential Oil Safety Information

Tisserand and Young indicate that Myrrh Oil may be fetotoxic, and thus is contraindicated in pregnancy and lactation. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 357.]

As cited per www.aromaweb.com Myrrh EO Monograph

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete and although we do our best to research our ingredients it is not guaranteed to be fully accurate.