

Myrrh – *Commiphora myrrha*

Countries of production – Ethiopia, Arabia, Yemen, Somalia

Processed - Steam distilled

Part used - Resin, gum

Smell - sometimes, warm, peppery spicy, pungent, earthy balsamic

Color- amber, yellow, golden orange to brown

Note - middle to base note (rarely used in perfumery as too medicinal smelling)

BLENDS with: Frankincense, sandalwood, cedarwood, cinnamon, coriander, cypress, elemi, geranium, juniper berry, lavender, lemongrass, mandarin, palmarosa, patchouli, peppermint, pine, thyme

PROPERTIES & USES:

Traditional Therapeutic actions:

anti-inflammatory, antimicrobial (bacteria, viruses), antiseptic, astringent, cicatrizant, expectorant, antifungal, revitalizing, vulnerary, stimulant for stomach and intestines,

Inhalation: - upper respiratory infections, coughs, colds, bronchitis

External as blended in oil or other carrier: maybe helpful for: mouth washes for oral care of gums and throat; skin care - skin conditions including eczema, bruises, wounds, athlete's feet; dry and cracked skin, aging skin, leg ulcers

Industry & Household uses: used in mouth preparations for gums and mucous membranes,

Cautions:

Safe when properly diluted. Can be used at 8% or less when used in massage, no irritation or sensitization noted but we encourage you to use 3% or less in any blend.

Any essential oil - ingested in large amounts can be fatal.

Keep out of reach of children.

BLENDS TO TRY

A Simple refreshing mouth wash

[Lemon](#) - 4 drops

[Peppermint](#) - 2 drops

[Myrrh](#) - 1 drop

Add to 2 cups distilled water, Shake well before each use. Swish a mouthful for about 1 minute and spit out.

This is an interestingly, yet refreshing mouth rinse.

Therapeutic Gum Oil

[Myrrh](#) - 6 drops

[Tea Tree](#) - 10 drops

[Peppermint](#) - 1 drop

[Lemon](#) - 3 drops

[Almond oil or carrier oil of your choice](#) - 1 teaspoon

After brushing your teeth and rinsing your mouth with mouthwash. Mix together the above recipe. Apply a small amount on your gums once a day, If the source of irritation, or gums do not heal, please see your dentist.

Therapeutic Breath Freshing Mouthwash

[Myrrh](#) - 2 drops

[Tea Tree](#) - 2 drops

[Peppermint](#) - 1 drop

4 to 8 Ounces distilled water.

Mix together and swish about a 1/2 ounce in your mouth after brushing your teeth or after eating as needed.

Blend well in a [Plastic PET or glass bottle](#). Shake well before using.

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