

# MYRRH

## COMMIPHORA MYRRHA

Country of Origin: Ethiopia

Steam distilled from resin

Myrrh (*Commiphora myrrha*) is a steam-distilled oil drawn from resin, valued for its deep, earthy aroma and its strong affinity for tissue repair, immune support, and internal restoration. Naturally rich in sesquiterpenes and resin-derived compounds, it carries a stabilizing, protective character that is known for supporting skin recovery, reducing inflammation, and helping the body repair areas that are slow to heal.

Its aroma is warm, rich, and slightly smoky with a dry, balsamic depth that feels grounding and inward. It is often used when the system feels depleted, irritated, or stuck in a prolonged state of imbalance, particularly where tissue recovery or deeper restoration is needed.

In both aromatic and traditional use, myrrh has been regarded as a restorative and protective oil, supporting healing, resilience, and overall system stability. It works by slowing things down, reinforcing structure, and helping the body rebuild and recover in a more complete and sustained way.

## FUNCTIONAL CONSTITUENTS

<b>Furanooudesma -1,3-diene</b> (Furanosessquiterpenes)	A key compound group in myrrh that contributes to its deep, balsamic aroma. These constituents are associated with anti-inflammatory and antimicrobial activity, supporting tissue repair and helping protect compromised areas.
<b>Curzerene</b>	A sesquiterpene formed during distillation that adds to the oil's warm, resinous depth. It is known for its role in supporting a healthy inflammatory response and reinforcing the oil's restorative, stabilizing properties.
<b>Limonene</b>	Present in smaller amounts, limonene contributes a subtle lift to the otherwise heavy profile. It supports cleansing and antioxidant activity, helping balance the oil's dense, grounding nature.
<b>Clinical Studies:</b>	<a href="https://pmc.ncbi.nlm.nih.gov/articles/PMC9964945/">https://pmc.ncbi.nlm.nih.gov/articles/PMC9964945/</a> <a href="https://pmc.ncbi.nlm.nih.gov/articles/PMC9672555/">https://pmc.ncbi.nlm.nih.gov/articles/PMC9672555/</a> <a href="https://pmc.ncbi.nlm.nih.gov/articles/PMC7144466/">https://pmc.ncbi.nlm.nih.gov/articles/PMC7144466/</a>



## HOW WE SOURCE

Myrrh oil is shaped by the quality of the resin and the environment in which the trees grow. We look for *Commiphora myrrha* thriving in dry, arid regions where slow growth and environmental stress produce resin with depth and potency.

The resin is carefully harvested, then steam distilled to preserve its volatile compounds. Because myrrh is dense and resin-heavy, proper collection, aging, and handling are essential to develop its full character. We look for oil that is warm, rich, and balsamic with a smooth, grounded depth, never sharp, thin, or lacking body.

## OUR MYRRH IS:

- ✓ Steam distilled from natural resin
- ✓ Unrefined and not standardized
- ✓ Wildcrafted from arid-grown trees
- ✓ Carefully handled for depth and body
- ✓ Warm, balsamic, and deeply grounded

We look for oil that carries a rich, full-bodied aroma with smooth, resinous depth, an indicator of proper resin quality and careful distillation. Thin, sharp, or overly dry oil signals poor sourcing or handling, and we avoid it.

## WHAT TO LOOK FOR VS. WHAT TO AVOID

### Look For:

- Steam distilled\*
- Warm, balsamic aroma\*
- Rich, full-bodied profile\*
- Smooth, grounded depth\*
- Stored in dark glass\*

### Avoid:

- Solvent extracted\*
- Thin or weak scent\*
- Sharp or acrid notes\*
- Adulterated or extended oil\*
- Clear or plastic packaging\*

## HOW TO USE MYRRH

Myrrh is commonly used when the goal is supporting tissue repair, protecting compromised areas, and promoting deeper, sustained recovery. It fits into topical, aromatic, and limited internal use.

### Topical

Dilute with a carrier oil and apply to areas of concern. Commonly used to support skin recovery, soothe irritation, and protect slow-healing tissue.\*

### Topical (Targeted)

Apply diluted directly to affected areas. Often used for dry, cracked, or compromised skin where added support is needed.\*

### Aromatic

Diffuse or inhale in short intervals. Commonly used to promote a calm, grounded state and support overall system stability.\*

### Internal

Use sparingly in a capsule or warm liquid (1 drop). Often used to support immune function and internal balance.\*

## WHAT IT SUPPORTS

Myrrh is traditionally used when the goal is supporting tissue repair, reducing irritation, and strengthening the body's protective and recovery processes. It supports:

- Skin repair and recovery of compromised tissue\*
- Reduction of inflammation and irritation\*
- Healthy immune response and microbial balance\*
- Support for slow-healing or persistent conditions\*
- Overall system stability and resilience\*

Used consistently, it helps the body restore strength and integrity—supporting repair, protection, and a more stable, resilient state throughout the recovery process.

## MYRRH IN THE STILLROOM

Myrrh has long been kept in the stillroom as a restorative, protective oil to be used when the body is dealing with irritation, depletion, or slow-healing tissue. Distilled from the resin of *Commiphora myrrha*, it is closely associated with sealing, stabilizing, and supporting repair in areas that are compromised or lingering in imbalance.

It is often reached for when wounds are slow to close, skin is reactive or weeping, or when the system needs deeper, sustained support rather than quick intervention. This is not a bright or fast-moving oil. It works with weight and steadiness, helping reinforce structure, protect vulnerable areas, and support more complete recovery. Used in small amounts, it encourages a stronger, more resilient state without agitation or excess stimulation.

## MORE WAYS TO USE MYRRH

### Dry Skin Rescue

Add 1 drop to a carrier oil and apply to dry areas. Commonly used to support hydration and restore compromised skin.\*

### Oral Care Rinse

Add 1–2 drops to water and swish. Often used to support gum health and maintain a clean oral environment.\*

### Cracked Skin Support

Dilute and apply to hands, heels, or elbows. Commonly used to protect and support recovery in dry, damaged skin.\*

### Grounding Diffusion

Diffuse in short intervals during rest or reflection. Often used to promote a steady, centered state.\*

### Targeted Spot Application

Apply diluted to small areas of concern. Commonly used to support localized repair and protect vulnerable skin.\*

## CAUTIONS

- Safety Group 3: Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

ZILARA

**MYRRH**  
*commiphora myrrha*  
STEAM DISTILLED • ETHIOPIA

**Directions:** For internal use, dilute 1 drop in 4 fl. oz. of water. For topical use, dilute with carrier oil and apply to desired area. For aromatic use, up to 10 minutes per hour.

**Supplement Facts**  
Serving Size: 1 mL  
Servings Per Container: About 200

**Amount Per Serving** ... 100%  
Commiphora myrrha (stem)  
Ethiopia, steam distilled  
Total Weight (not established)

**Caution:** Keep out of reach of children. Avoid contact with irritated skin. If irritation continues, stop use. Store in a cool, dark place. This product is not intended to diagnose, treat, cure, or prevent any disease.



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10 mL / 0.34 fl oz

**ZILARA**  
wake the cell • restore the body • feel alive

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