

# Common Myrtle

*Myrtus communis* 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Therapeutic Grade®

**Application:** A | T | N

**Plant Part:** Leaf/Stem

**Extraction Method:** Steam distillation

**Aromatic Description:** Fresh, camphoraceous, herbaceous

**Main Chemical Components:** 1,8-Cineole,  $\alpha$ -Pinene

## PRIMARY BENEFITS

- Creates an uplifting environment
- Stimulating to the senses
- Helps maintain healthy skin

### Common Myrtle

*Myrtus communis* 5 mL

Wholesale: \$28.00

PV: 28

\*Available only in the Ancient Oils Collection, a Holiday 2020 LTO

## PRODUCT DESCRIPTION

The myrtle plant is a bushy evergreen shrub with glossy dark green leaves, fragrant white flowers, and purple-black berries. Also known as Corsican pepper, Common Myrtle has been used for thousands of years as a symbol of love, honor, happiness, and generosity. Its many functions were well known as early as 600 B.C. In the Bible, it was used in purification ceremonies. With a distinctive, eucalyptus-like aroma, it is often found in lotions, perfumes, and bath products. Common Myrtle essential oil is cleansing and refreshing, with a clarifying and uplifting aroma.

## USES

- Diffuse or use a drop in your palms and inhale deeply.
- Add to a skin care routine.
- Create a massage oil by adding a drop or two in a carrier oil.
- Soak with two or three drops in an Epsom salts bath.

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of your choice.

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

