



AROMATHERAPY NEWSLETTER

NOVEMBER 2017 ISSUE #28

Newsletter Topics:

- History, Description, and Uses of Myrrh Essential Oil
- December Aromatherapy Workshop
- Special Offer: Ojai Orange Sunrise Cologne



Myrrh Essential Oil

The Holiday season is now upon us and we want to share gifts we have made for our loved ones. The stories of Hanukkah, Christmas, and New Year's celebrations provide suggestions for baked delicacies from cherished recipes, candles of light, fragrant perfumes, and of course essential oil products made into bath salts, misters, and healing massage oils.. Several years ago I featured Frankincense in Newsletter #10 (on my website).

Frankincense, Myrrh, and Gold are the 3 Gifts of the Magi in the Christmas story. This time the essential oil of Myrrh will be discussed.

The Adoration of the Magi, tapestry, wool and silk on cotton warp, Manchester Metropolitan University. Woven 1894.

SEE BELOW: MONTHLY SPECIAL: "Ojai Orange Sunrise" Cologne

History of Myrrh



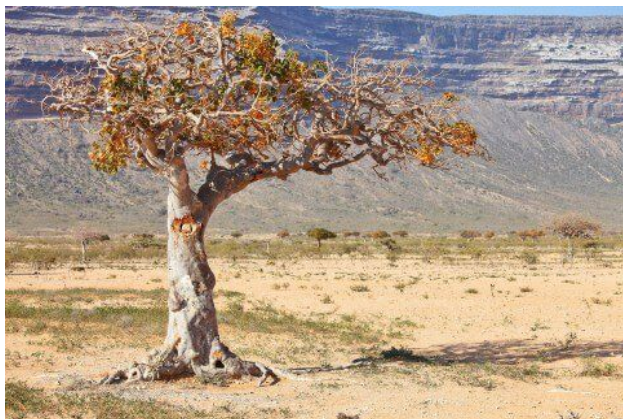
Myrrh and Frankincense have a long history dating back thousands of years and were considered sacred and precious with almost mystical reverence. Though perhaps best known for their use in incense and ancient rituals, these substances—both of which boast proven antiseptic and inflammatory properties—were once considered effective remedies for everything from toothaches to leprosy. “We have textual—and also archaeological—evidence that both frankincense and myrrh were used as medicinal substances in antiquity,” confirmed Alain Touwaide, a historian of medicine at the Institute for the Preservation of Medical Traditions and the Smithsonian Institution. Today, researchers

are drawing on this centuries-old knowledge to develop modern treatments for a variety of disorders.

- Both Frankincense—also known as *Olibanum*—and Myrrh (*Commiphora myrrha*) have been traded in the Middle East and North Africa for upwards of 5,000 years. It is believed that the Babylonians and Assyrians burned them during religious ceremonies.
- The ancient Egyptians bought entire boatloads of the resins from the Phoenicians, using them in incense, insect repellent, perfume and salves for wounds and sores; they were also key ingredients in the embalming process.
- Myrrh oil served as a rejuvenating facial treatment, while Frankincense was charred and ground into a powder to make the heavy kohl eyeliner Egyptian women famously wore.
- Sacks of Frankincense and potted saplings of Myrrh-producing trees appear in murals decorating the walls of a temple dedicated to Queen Hatshepsut, who ruled Egypt for roughly two decades until her death around 480 B.C.
- According to the Hebrew Bible, Frankincense and Myrrh were components of the holy incense ritually burned in Jerusalem’s sacred temples during ancient times. The word ‘myrrh’ appears 17 times in the Bible.
- *“A garden locked is my sister, my bride, a garden locked, a fountain sealed. Thy shoots are an orchard of pomegranates, with all choicest fruits; camphire (henna) with spikenard and saffron; calamus and cinnamon; with all trees of frankincense, myrrh and aloes; with all the chief spices. A garden fountain, a well of living waters, and flowing streams from Lebanon.”* Song of Solomon 4, Holy Bible.
- The ancient Greeks and Romans also imported massive amounts of the resins, which they burned as incense, used during cremations and took for a wide variety of ailments. By this time, medical practitioners had recognized and documented the substances’ antiseptic, anti-inflammatory and analgesic properties, prescribing them for everything from indigestion and chronic coughs to hemorrhoids and halitosis.
- According to Touwaide, Myrrh appears with more frequency than any other plant substance in the writings of the Greek physician Hippocrates, who revolutionized the field of medicine in the fourth and third centuries B.C.
- The Roman historian and botanist Pliny the Elder, who recommended Frankincense as an antidote to hemlock poisoning, wrote in the first century A.D. that the pricey dried sap had made the southern Arabians the richest people on earth.

Source of Myrrh Essential Oil

Both Frankincense and Myrrh are derived from the gummy sap that oozes out of the Boswellia and Commiphora trees, respectively, when their bark is cut. The leaking resin is allowed to harden and scraped off the trunk in tear-shaped droplets; it may then be used in its dried form or steamed to yield essential oils.



Commiphora tree

Both substances are edible and often chewed like gum. They are also extremely fragrant, particularly when burned, with Frankincense giving off a sweet, citrusy scent and Myrrh producing a piney, bitter odor.

Because Frankincense and Myrrh can be collected from multiple Boswellia and Commiphora species, several different varieties are available. The shrubby trees that produce them are native to the Arabian Peninsula and regions of northeast Africa.

Myrrh Essential Oil Description: Pale yellowish amber liquid. **Method of extraction:** distilled from the resin of wild *commiphora* trees grown in Egypt, Ethiopia and Somalia. **Aroma:** warm, floral top note, a slightly medicinal and herbaceous middle note, and balsamic, spicy undertones. **Consistency:** can be very viscous especially Myrrh Resinoid. **Chemical composition:** complex, 30-40% *fuanodiene* demonstrated anticarcinogenic action in vitro.

Properties of Myrrh: Anti-inflammatory most healing of properties, Antiseptic, Astringent, Carminative, Cicitrsant, Expectorant, Fungicidal, Sedative, Digestive, Tonic.

Therapeutic Uses of Myrrh: Though Frankincense and Myrrh have similar properties, and are both resins, they have a completely different chemical composition and therefore differ in their therapeutic actions.

- **Dermatological:** Effective for healing slow weepy wounds. Beneficial for athlete's foot. **Remedy for athlete's foot and / or cracked heels:** Add 3 drops of each Lavender and Myrrh to 1 oz carrier oil. **Remedy for infected cuticles:** 2 Tbsp shea butter, 1 tsp beeswax, 1 tbs Fractionated Coconut Oil, 7 drops of Myrrh.
- **Digestive:** Relieves diarrhea and flatulence. One of the best treatments for mouth ulcers and gum disease. **Remedy: for relief of mouth ulcers:** rinse with 1-5 drops of tincture of myrrh in a glass of water.
- **Respiratory:** Use diluted in water as a gargle to relieve coughs, sore throat and asthma.
- **Nervous System:** Use in a base oil or cream for calming and uplifting effect. Aids in deepening meditation.

Blends Well With: Myrrh is quite versatile and blends beautifully with many essential oils adding a smoky essence to the blend: : Bergamot, Chamomile, Clove, Cypress, Frankincense, Geranium, Grapefruit, Jasmine, Juniper, Lavender, Lemon, Neroli, Palmarosa, Patchouli, Pine, Rose, Rosemary, Sandalwood, Tea Tree, Vetiver, Ylang Ylang.

Application: Myrrh essential oil can be used “neat” to calm irritated skin. Can be added to ointments alone or with Frankincense. Can be added to a massage oil. Due to the resinous nature best not to use in a diffuser.

Safety: Myrrh essential oil is non-toxic, non-sensitizing, non irritant. Not recommended during pregnancy.

AROMATHERAPY CLASS #2

DECEMBER 2, 2017 Workshop on Carrier Oils, Blending, Making Misters and Bath Salts. [See Flyer attached.](#)

MONTHLY SPECIAL: “Ojai Orange Sunrise” Cologne \$15.00

A light citrus fragrance suitable for early morning application. The refreshing uplifting citrusy aroma is a fragrant way to start the day. The long lasting notes of basil and sandalwood ensure a calm mental state. Comes in a 15 ml. glass perfume bottle. A perfect Holiday gift!

Ingredients: essential oils of Sweet Orange, Blood Orange, Tangerine, Neroli, Ylang Ylang, Basil, Nutmeg, and Sandalwood in distilled alcohol.

As we become immersed in the holidays, let us pause and give thanks to our wonderful earth for her sustaining gifts, for the freedom and peace we are so privileged to share, and for the love we have received from so many friends, colleagues, departed loved ones, and our families, parents, children, and relatives. May we pass this love on through living our lives to the benefit of those who suffer, grieve, and are deprived.

Many Holiday Blessings to All,

Patricia Wing, RN, IAC, Clinical Aromatherapist

References

1. The Complete Guide to Aromatherapy, by Battaglia, S., P. 233-235.
2. The Complete Illustrated Guide to Aromatherapy, by Julia Lawless, P. 188.
4. The Healing Intelligence of Essential Oils, K.Schnaubelt, PhD. P 179.
5. Essential Oil Safety 2nd Edition, Robert Tisserand, Robert Young, P. 357.

New LOGO: My new lovely Ojai Healing Essentials logo and label design was created by Charlotte Day, professional illustrator and pattern designer in the U.K. The logo represents essential oils from our fragrant Ojai orange groves: Orange (the peel), Petitgrain (the leaf), and Neroli (the orange blossom) featured below. Please take a moment to visit Charlotte's website to view her wonderful botanical alphabet designs.

<http://www.charlottedaydesign.com>

Revised WEBSITE: Please check out my revised website at: ojaihealingessentials.com Click on Products at the top menu bar for new pictures of products and updated information. I wish to thank Victoria Hargreaves for the lovely product photos. She took infinite care to photograph each and every product. Victoria has a diverse background that includes professional photography and is certified in Sangetsu floral arranging. She particularly enjoys travel photography and has portfolios of Abu Dhabi, Thailand, and South India. She lives in Ventura and can be reached at [805-844-0129](tel:805-844-0129), vharg@pacbell.net.