

Myrrh Uses

Removal of Fine Lines

Adding a few drops of Myrrh Essential Oil to your lotion or moisturizer can reduce fine lines or wrinkles.

* \*for this remedy, dilute and test a little of the oil on your hand to ensure no unknown skin sensitivity exists

 \*do not touch to eyes, wash hands after use

Myrrh and Frankincense Beauty Cream

Ingredients:

* ½ cup whipped coconut oil
* ¼ teaspoon Vitamin E oil
* 5 drops Frankincense Essential Oil
* 3 drops Myrrh Essential Oil

Whip coconut oil in had beater for 1-3 minutes. If the coconut oil is melted you will need to refrigerate it before making this cream. Add the oils and continue mixing. To use: apply a small amount to face as needed (\*see above about potential sensitivity). Keep in a re-sealable container.

Sources: doterra.com and thecoconutmama.com