



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 hand 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