

EO of the Month August 2013



Myrtle

Myrtus communis

Plant Origin:

North African Mediterranean regions of Tunisia and Morocco

Largest Producing Countries: Tunisia, Spain, and France

Plant parts used:

Leaves, twigs and sometimes flowering branch tips

Unusual facts:

*"In the centuries old legends of the Mediterranean, myrtle is considered the sacred plant of the Greek goddess Aphrodite and was worshipped as a plant of mystery. Aphrodite, goddess of beauty and love, and born as a beautiful adult woman from sea foam, sought refuge in her new-born nakedness in a myrtle bush. That's why myrtle also stands for chaste beauty. Many brides today still wear myrtle as a symbol for innocence. In Greek mythology, the beautiful goddess of myrtle, Aphrodite, is also the goddess of death. She talks about life-after-death and of the soul's innocence and beauty."*¹

Scent:

Clear, fresh, sweet, spicy, herbaceous, camphorous, similar to eucalyptus

Properties:

Expectorant, anti-catarrrhal, antiseptic, anti-infectious, astringent, sedative, bactericidal, light antispasmodic, hormone-like for thyroid and ovaries, skin tonic, liver stimulant, prostate decongestant.

Mental, emotional and spiritual effects:

Elevating, euphoric, cleansing, may help with anger, addictions, self-destructive behavior, balances energy, discovering and living our dreams, becoming whole within our self, strengthens meditation, good for despair, fear of illness or death.

Physical effects:

Good for colds, cough, congestion, asthma, bronchitis, sinus infections, candida, tuberculosis, respiratory infections, pulmonary disorders, diarrhea, digestion and flatulence, hemorrhoids, ureter infections, supports immune system, liver stimulant, prostate decongestant, cystitis, insomnia, normalizing hormonal imbalances of thyroid and ovaries, hypothyroidism, muscle spasms, sedative.

Skin:

Antiseptic, oily skin, infected skin, acne, enlarged surface veins, bruises, psoriasis, eczema.

Blends with:

Bergamot, Black Pepper, Clary Sage, Clove, Ginger, Hyssop, Lavender, Lemon, Lemongrass, Lime, Melaleuca, Rosemary, Rosewood, Rosemary, Spearmint, Thyme

CAUTIONS: Generally considered safe. If pregnant, consult a physician.

Sources:

¹[Complete Aromatherapy Handbook](#) by Susanne Fischer-Rizzi

[Aromatherapy](#) by Kathi Keville and Mindy Green

[Your Essential Nature](#) by Nita Morrow Hill

[Essential Oils Desk Reference](#) by Young Living Essential Oils

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