



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

LEARN WITH LIANNE - Volume 24, 16th March 2022

Welcome to our new newsletter - ***Learn with Lianne***. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

MYRTLE ESSENTIAL OIL

We have so many wonderful oils in our limited edition range, I decided to focus on Myrtle for today's "learn with Lianne". It is a fascinating oil with a rich history and from a metaphysical perspective, felt right to talk about today.

Myrtle essential oil is obtained by the steam distillation of the myrtle plant's flowers, leaves, and stem, which is called *Myrtus Communis* in the botanical world. There are several well known other Myrtle oils like Lemon Myrtle, Honey Myrtle and Aniseed Myrtle. So, we mindful of which one we are talking about, and which one you are using. We have only [Myrtle](#) and [Lemon Myrtle](#) in our range at present.



Simple Blending Ideas

Myrtle & Cedarwood
keeps you grounded and energised

Myrtle & Peppermint
for focus and concentration

Myrtle & Lime
for a zesty pick me up

Myrtle & Bergamot
lighten and brighten your day

Myrtle & May Chang
for cleansing and cleaning

Since the Greek Goddess Aphrodite hid under a Myrtle bush, Myrtle has stood for beauty, purity and love. Garlands of Myrtle were worn at weddings in biblical times as a symbol of conjugal love. Brides adorned themselves with myrtle leaves.

Myrtle is a bushy tree that grows up to 15 feet high and is native to North Africa. It also grows across the Mediterranean and is grown as a garden shrub across Europe. The oil is mainly produced in Corsica, Spain, Morocco, and Tunisia.

Myrtle essential oil has antibacterial and anti-inflammatory effects and is effective against asthma, chronic bronchitis, sinusitis and respiratory infections caused by colds. It can calm anxiety and tension, improve self-confidence and is known as a mild essential oil. Many researchers and aromatherapy authors recommend it as suitable for children to use in low dose dilution to deal with respiratory problems.

Because of its relative mildness this is a very suitable oil to use for children's coughs and chest complaints

Aromatherapy an A - Z by Patricia Davis.

Uses for Myrtle

- Respiratory Issues
- Bronchitis
- Coughs
- Colds
- Fatigue
- Exhaustion
- Insomnia
- Acne
- Boils
- Hemorrhoids
- Urinary Tract Infections

Other suggested uses

- Add it to your mouthwash for its antibacterial properties
- Add a few drops to your diffuser to purify the air
- Consider adding a drop to your skin care products to help with skin issues
- Can't sleep, add it to your nighttime sleep routine

On a metaphysical level, Myrtle is said to release inner conflict and confusion, as well as help one be authentic and true to their life purpose. Perhaps the world needs some Myrtle to help resolve its own inner conflicts and the current state of confusion that rains throughout society. Just a thought.....



What do you love about Myrtle essential oil? How do you like to use it? Share with us your experience with Myrtle in the Facebook group.

Remember to follow us on social media and keep up to date with all that is happening at Amazing Scents Aromatherapy.

Got something to share or want to learn about?

Email us at socialmedia@amazingscents.com.au and we will share your stories in future editions of our newsletter.



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