



Marjoram

Origanum Marjorana Essential Oil

Marjoram has a very calming effect on emotions. In ancient times, Marjoram was known as a symbol of joy and happiness.

Size: 15ml

Size: 5ml

APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

Primary Benefits

Aids in a healthy immune system, soothes digestive system, helps with cramps, may aid in a healthy cardiovascular system, calms emotions and relieves anxiety, highly used for its calming properties and positive effect on the nervous system.

Directions for Use

Diffusion: Use three to four drops in a diffuser

Internal use: Dilute one drop in 4 fl. oz. of liquid

Topical use: Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

Cautions

Keep out of reach of children. Possible skin sensitivity. Could intensify exposure to sun up to 12 hours after topical application. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

Aromatic Description

Warm, slightly spicy, woody

Collection Method

Steam Distillation

Plant Part

Leaf

Main Constituents

Terpinen-4-ol, Sabinen hydrate, γ -terpinene

Description

Marjoram was used in medicine and perfumes amongst the Greeks and known to the Romans and Greeks as a symbol of happiness. Marjoram adds a distinct flavor to soups, stews, dressings, and sauces. Marjoram has a warming action and calms emotions, relieves anxiety/stress, and helps to calm hyperactive people. Marjoram is known for its calming properties and its effect on the nervous system. It also has good muscle relaxant properties.

Uses

- Diffuse for coughs, respiratory congestion, and nervous tension and stress
- Calm a child down before sleep by applying to feet
- Relieve stress by applying to the back of neck
- Add to carrier oil for back pain, poor circulation, physical exhaustion, and headaches
- Use in meals that call for Dried Marjoram (1 drop essential oil = 2 tsp. dried herbs)
- Apply topically to muscles before and after exercise

Properties

Analgesic, Antisexual, Antioxidant, Antispasmodic, Antiviral, Carminative, Fungicidal, Hypotensive, Laxative, Sedative and Vasodilator

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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