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.

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

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.

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.