



Rosemary

Rosmarinus Officinalis Essential Oil

Rosemary is great for stimulating the brain, improving memory and mental clarity, while also helping with a variety of respiratory issues.

Size: 15ml

Size: 5ml

APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

Primary Benefits

Supports healthy skin and hair, supports healthy digestion, supports healthy respiratory function, relieves anxiety, tension, and fatigue

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. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

Aromatic Description

Herbaceous, crisp, clean, powerful

Collection Method

Steam Distillation

Plant Part

Flower, Leaf

Main Constituents

1, 8-Cineole, a-pinene, camphor

Description

The crisp, clean smell of Rosemary has a strong impact on the brain and central nervous system, and is wonderful for clearing the mind and promoting mental awareness. Rosemary's specific properties are a great brain stimulant and can help improve memory. Rosemary helps with headaches, migraines, and mental fatigue. It is very effective on the respiratory system, and because of its astringent action, it is also highly effective for counteracting sagging skin. It has a very positive effect on the health of the hair and scalp and increases circulation to the scalp, thereby promoting hair growth.

Uses

- Diffuse to help with congestion, sinusitis, and mental or physical tiredness
- Diffuse to stimulate the brain, improve memory, and promote clear thinking
- Add to carrier oil or bath to assist with arthritis, colds, constipation, coughs, and bronchitis
- Add to shampoo to increase circulation to the scalp, thereby improving hair growth

Properties

Analgesic, Antidepressant, Anti-Stringent, Carminative, Cephalic, Diuretic, Stimulant, Hypertensive

**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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