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.

**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

**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, α-pinene, camphor

*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.*