

Rosemary

We at Meraki Essentials call **Rosemary** the "Rapunzel's Potion" as it has been used for centuries in the Mediterranean region and now across the world to improve hair quality!

The Oil of Rosemary has a woody - herbaceous aroma and is known for its reviving, refreshing and strengthening properties.

Rosemary is considered to be:

- a psychic protector,
- a symbol of friendship and love, &
- a reminder of life and death.

Historically, Rosemary was burned in wedding and funerals! Associated with the third eye chakra, Rosemary may assist in achieving clear thoughts and finding inner vision, connecting you to your inner intuition.

Diffusion may help in: Keeping the mind clear & alert * Stimulating central nervous system * Combating stressful situations * Improving memory. * Preventing spread of airborne infections.

Massage with Carrier Oil may help in: Relaxing tight and over worked muscles * Rehydrating and toning the skin * Preventing dandruff * Promoting hair growth * Relieving fluid retention * Detoxifying the lymphatic system

Additional:

Massage with Carrier Oil on stomach may help in: Indigestion, * Flatulence / Bloating * Stomach cramps * Constipation



How to use Essential Oils?

It is important for a user of Essential Oils to acquire knowledge before using them so as to be able to use them safely and to get desired results. There is plethora of information available on each essential oil, its benefits, and usage, in books and on the internet.

Informed use of essential oils can derive immense benefits to mind, soul & body.

In general, essential oils are used as under:

- * Blend 20 - 30 drops of an essential oil with 50 ml of carrier oil & massage gently on skin and hair.
- * Add a few drops to bath water to reap benefits.
- * Use 4-5 drops of essential oil in water, diffuse & witness wonderful fragrances that bring delight to the mind & soul.

Be careful not to use higher quantities

Precautions: Avoid during pregnancy * Use sparingly * Do not use undiluted on skin * Patch test recommended before use * May cause allergy to sensitive persons in which case discontinue use immediately * Avoid contact with eyes & mouth * Essentials oils are flammable * Store in a cool & dry place, away from sunlight * Keep out of reach of children * Use within three months of opening the bottle * For external use only * Not for ingestion

www.merakiessentials.com

Be sure that you are buying
high-quality pure essential oil.