



## MARJORAM Essential Oil (Sweet)

**Botanical Name:** *Origanum marjorana*

**Plant Part:** Flowers and Leaves

**Extraction Method:** Steam Distilled

**Origin:** Spain

**Color:** Colorless to pale yellow liquid.

**Consistency:** Thin

**Note:** Middle

**Strength of Aroma:** Medium

**Aromatic Scent:** Marjoram Sweet Essential Oil has a warm and spicy aroma, with a hint of nutmeg.

**Child Safe:** yes

### Major Constituents

- Terpinen-4-ol
- (Z)-Sabinene Hydrate
- Linalyl Acetate
- Gamma-Terpinene
- $\alpha$ -Terpineol
- (E)-Sabinene Hydrate

**Marjoram** sweet oil is extracted from the fresh and dried leaves of the marjoram plant using the process of steam distillation. This oil is known for its antiviral, anaphrodisiac, antispasmodic, antiseptic, analgesic, and carminative properties. It has also digestive, sedative, hypotensive and expectorant properties.

The marjoram plant is commonly known as Knotted Marjoram and has a scientific name *Origanum Marjorana* – which is classified under the family of the Labiatae. The marjoram plant grows to a height up to 24 inches.

**Marjoram oil blends well with:** [lavender](#), [rosemary](#), [bergamot](#), the [chamomiles](#), [cypress](#), [cedarwood](#), [tea tree](#) and [eucalyptus](#).

### Emotional/Energetic Qualities

Calms obsessive thinking  
Supports self-care  
Comforts and warms  
Calms the heart



## Therapeutic Properties

**Analgesic:** Many of the components, including terpinen-4-ol, linalyl acetate and *para*-cymene have either analgesic or anti-inflammatory actions (Guimarães *et al.* 2013).

**Antihistaminic (Antiallergic):** Sweet marjoram can contain substantial amounts of terpinen-4-ol, which can help reduce histamine (Brand *et al.* 2002; Koh *et al.* 2002).

**Anti-inflammatory:** Sweet Marjoram has good anti-inflammatory action, which is related to components such as terpinen-4-ol and linalyl acetate (Guimarães *et al.* 2013).

**Antibacterial:** The essential oil contains many active antibacterial components, such as terpinolene,  $\alpha$ -terpineol, and terpinen-4-ol (Saad, Muller and Lobstein 2013).

**Antifungal:** Sweet Marjoram contains many components that are antifungal— $\gamma$ -terpinene, *para*-cymene, and terpinen-4-ol are active against yeasts (Lang and Buchbauer 2012).

**Antispasmodic:** Sweet Marjoram contains terpinen-4-ol, which is a smooth muscle relaxant (Lahlou *et al.* 2003).

**Cephalic:** See **CNS sedative**. If anxiety is relieved, thoughts feel clearer.

**CNS sedative:** Sweet Marjoram has comforting, anxiety-relieving, and sedating actions (Perry and Perry 2006).

**Digestive aid:** Sweet Marjoram is a well-known culinary herb that not only stimulates appetite but also aids digestion. This is likely due in part to its antispasmodic action.

**Immune support:** Terpinen-4-ol, a notable component of Sweet Marjoram essential oil, is known to activate white blood cells, having an immunostimulant action. (Budhiraja *et al.* 1999)

**Vasodilator:** Terpinen-4-ol, a notable component of Sweet Marjoram essential oil, relaxes smooth muscle. It is a vasodilator, which can result in hypotensive effects (Lahlou *et al.* 2003).

**Warming:** The nature of Sweet Marjoram oil is warming, both for the senses and on the physical level.

**Digestion:** Sweet Marjoram is a good addition in blends designed to support digestion, especially for constipation with tightness and cramping.

**Dysmenorrhea:** Sweet Marjoram blends well with Lavender and Clary Sage to relieve pain and cramping (Ou *et al.* 2012).

**Mood:** Sweet Marjoram is calming and comforting—perfect for relieving stress and tension, anxiety, and insomnia.



**Musculoskeletal:** Sweet Marjoram is excellent in blends for pain relief, especially if inflammation and tension are present. It works well with Black Pepper, Lavender, and Peppermint (Ou *et al.* 2014). It can also be used for bruising, perhaps combined with Helichrysum.

**Respiratory:** Its anti-inflammatory actions mean that Sweet Marjoram can be helpful in blends for relieving bronchoconstriction, and potentially asthma.

**Skin:** Sweet Marjoram can be used in blends designed to alleviate skin inflammation and allergies, and for healing the skin.

### **Safety**

Generally non-toxic, non-irritant and non-sensitizing. Always test a small amount first for sensitivity or allergic reaction.

Do not use if pregnant. If using internally, consultation with a physician is recommended.

**\*\*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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