



## ROSEMARY Essential Oil



**Botanical Name:** *Rosmarinus Officinalis*

**Main Constituents:**

α-Pinene: 8 to 14 %

Camphene: 6 to 14 %

1,8-Cineole: 40 to 53 %

Camphor: ~ 10 %

**Plant Part:** Herb

**Origin:** Morocco

**Processing Method:** Steam Distilled

**Child Safe:** See precautions below

**Description / Color / Consistency:** A thin, clear, colourless to pale yellow liquid.

**Aromatic Summary / Note / Strength of Aroma:** A top note with a strong aroma, Rosemary has a fresh, strong, woody and herbal scent.

**Rosemary** oil is extracted from the leaves of the plant. This oil is very popular essential oil that gives a wide variety of health benefits and this is because of its antibacterial, antiviral, antifungal, anti-parasitic, antitumor, antidepressant, digestive, cardio-tonic, and detoxicant properties. In addition, this oil is frequently used in aromatherapy. Invigorating. Refreshing. Stimulating. These are the first three words that come to mind when I think of Rosemary Essential Oil.

**About Rosemary:** The botanical name of this flower is *Rosmarinus officinalis*. This plant can grow up to 4 feet, which is originated in Asia and just recently introduced in Yugoslavia, Tunisia and France.

### Emotional/Energetic Qualities

Stimulates and strengthens the mind

Energizes and uplifts

Encourages clarity

### Therapeutic Properties

**Analgesic:** Rosemary has peripheral antinociceptive activity and anti-inflammatory activity (Takaki *et al.* 2008). Martinez *et al.* (2009) demonstrated that the essential oil alleviated arthritic pain in rats, and suggested that camphor may play a role in this effect.



**Anti-inflammatory:** Rosemary has peripheral antinociceptive activity and anti-inflammatory activity (Takaki *et al.* 2008). See also **analgesic**.

**Antibacterial:** Fu *et al.* (2007) reported that the essential oil had good antibacterial activity and was active against *Propionibacterium acnes* (bacteria that can cause acne).

**Antifungal:** Rosemary essential oil has a wide spectrum of antimicrobial activity, and is synergistic with Clove against *Candida albicans* (Fu *et al.* 2007).

**Antioxidant:** Rosemary essential oil has antioxidant activity (Raškovic *et al.* 2014) and can decrease free radical-induced skin damage (Bauman 2007).

**Antirheumatic:** Early Western herbalists such as Culpeper recommended Rosemary for cold, numb joints (Rhind 2014), and certainly its analgesic and anti-inflammatory actions would support this use.

**Antispasmodic:** Rosemary essential oil is used in folk medicine for its antispasmodic effects (Takaki *et al.* 2008).

**Astringent:** Rosemary has a long-standing reputation for being naturally astringent and helping to regulate or decrease oily secretions of the hair follicles.

**Carminative:** See **antispasmodic**.

**Circulatory stimulant:** Rosemary also has a long-standing reputation for increasing circulation and is often added to blends for this purpose.

**CNS stimulant:** Massage with Rosemary oil can increase attentiveness, alertness, liveliness, and joyfulness while increasing breathing rate and blood pressure (Hongratanaworakit 2009). Rosemary can promote alertness (Moss *et al.* 2003). Moss and Oliver (2012) investigated plasma levels of 1,8 cineole after exposure to Rosemary essential oil. The levels were directly related to cognitive performance. An extract of Rosemary produced an antidepressant-like effect in mice (Machado *et al.* 2009).

**Decongestant:** See **expectorant**.

**Diuretic:** Massage with Rosemary oil can have a diuretic-like effect.

**Expectorant:** The 1,8 cineole and camphor chemotypes probably have expectorant and anti-inflammatory actions, based on the known activities of these constituents. The verbenone chemotype is said to have a mucolytic action.

**Liver support/protection:** Rosemary essential oil has antioxidant activity and has hepatoprotective effects (Raškovic *et al.* 2014).

**Warming:** 1,8 cineole increases blood flow (Nasel *et al.* 1994) and can be experienced as warming.

## Applications



**Mental fatigue:** Rosemary ct. 1,8 cineole can be diffused or inhaled to help increase alertness and alleviate mental fatigue.

**Musculoskeletal:** Rosemary essential oil is very effective for painful muscles and joints. If you wake up with sore muscles, put some Trauma Oil (see **Blending Ideas**) in a dish and add one drop of Rosemary (camphor ct.). Blend it in and rub it into the sore areas. It creates circulation and warmth. It may help heal old scars.

**Respiratory congestion:** If you have a cold, make a cream with other respiratory oils (try Eucalyptus, Siberian Fir, Frankincense, and Lavender) and put it on your chest and upper back throughout the day. If you want a blend with Rosemary for the evening, use the verbenone chemotype. It's less stimulating and still decongesting.

**Skin and hair:** Rosemary can be used in skincare blends for regeneration and acne. Try adding a drop of Rosemary to a handful of shampoo before washing your hair. It's such a refreshing and uplifting oil and is great in the morning. The hydrosol is great for dandruff and hair loss.

**Stress:** Blends with Rosemary can counteract some symptoms of stress, such as depression and fatigue.

#### Safety Data

Non-toxic, non-irritating. If oxidized, it may cause skin irritation or sensitization.

**Epilepsy-** Tisserand and Young's Essential Oils Safety suggests avoiding rosemary ct camphor at levels higher than 16% topically.

**Blood pressure-** there is no evidence that Rosemary poses risk to people with hypertension when used topically or via inhalation.

**Pregnancy-** according to Tisserand and Young, the camphor content is not high enough to be contraindicated during pregnancy. As an extra safe precaution, however, you may choose to avoid Rosemary ct. camphor during pregnancy.

**Children-** do not apply any rosemary chemotype to or near the face of infants or children under 5 years old. Use with caution for children between 5-10 years old.

[All About Rosemary Oil](#)

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