



Name	Latin Name	Origin
Marjoram Sweet	Origanum majorana	Egypt
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$17	
Part of plant	Safety note	Conservation Status
Leaves and flowering tops	Non-toxic, non-irritating.	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> <li>• Monoterpene and monoterpenol rich</li> </ul>	<ul style="list-style-type: none"> <li>• Analgesic</li> <li>• Antimicrobial</li> <li>• Antioxidant</li> <li>• Anti-inflammatory</li> <li>• Antibacterial</li> <li>• Antifungal</li> <li>• Antihistaminic</li> <li>• Antispasmodic</li> <li>• Cephalic</li> <li>• CNS Sedative</li> <li>• Muscle relaxation</li> <li>• Supportive for a healthy immune and colds and the flu.</li> <li>• Provide relief from discomfort due to menstrual pain</li> <li>• Emotionally sweet marjoram essential oil comforts and warms the mind and spirit. It also can calm the mind, especially when one is perseverating or prone to obsessive thinking. During moments of intense emotional grief, using sweet marjoram for a short amount of time can help heal and bring comfort during these times of great distress.</li> </ul>

Synergy	Energetics
<p><b>Synergy 1</b>                      Terpinen-4-ol (acaricidal - scabies, antibacterial, antifungal - candida, dermatophytes, antihistaminic, anti-inflammatory, antispasmodic, anticonvulsant, cholinesterase inhibitor, hypotensive, immunostimulant, antitumoral, antiviral, pediculocidal -head lice, sedative).</p> <p><b>Synergy 1 Primary Combinations</b>                      ghandi root, juniperberry, nutmeg, plai, rosemary ct myrcene, tea tree.</p>	

**Synergy 1 Secondary Combinations**  
lavender, peppermint, saro.

#### **Synergy 2**

trans-Sabinene hydrate, linalyl acetate,  $\alpha$ -terpineol,  $\beta$ -terpinene, sabinene, l-linalool, para-cymene (analgesic, antibacterial, antifungal - dermatophytes, anti-inflammatory, antinociceptive, antioxidant - LDL, antispasmodic, cholinesterase inhibitor, gastroprotective, hypotensive, immunostimulant, melanogenesis regulation, neuroprotective, pediculocidal sedative, vasorelaxant, wound healing) .

#### **Synergy 2 Primary Combinations**

clary sage, combava peel, E. radiata, juniperberry, mandarin, nutmeg, plai, yarrow.

#### **Synergy 2 Secondary Combinations**

basil ct linalool, bergamot, bergamot mint, black pepper, coriander seed, fragonia, geranium, ho leaf, hysop ct cineole, goldenrod, lavandin, neroli, rosalina, sugandha, Thymus zygis, rosewood, yarrow .

#### **Traditional Synergy Therapeutic Potential (Psychological)**

Stress, tension, anxiety, low mood, insomnia: bergamot, bergamot mint, clary sage, ghandi root, lavender, mandarin, melissa, neroli, patchouli, rosewood, sandalwood, spikenard, sweet orange, T. zygis, white verbena, ylang ylang.

#### **Traditional Synergy Therapeutic Potential (Physical)**

Arthritis: lavender, juniperberry, nutmeg, plai, rosemary ct myrcene, yarrow

Bruising and pain: cannabis, geranium, helichrysum, lavender true, lemongrass, plai

Dysmenorrhea: angelica root, clary sage, fennel, jasmine, peppermint, plai, Roman chamomile, rose, spike lavender

Musculoskeletal tension, pain, inflammation: basil ct linalool, black pepper, clary sage, coriander seed, juniperberry, lavender, nutmeg, plai, rosemary ct myrcene, sugandha, T. zygis yarrow

Respiratory inflammation, bronchoconstriction, asthma, allergic responses: balsam copaiba, black spruce, clary sage, E. radiata, fennel, fragonia, frankincense, ghandi root, ginger, hemlock, hinoki, hyssop CT linalool, juniperberry, hops, kewra, lavender, myrrh, niaouli, plai, ravintsara, rosalina, sandalwood, saro, silver fir, sugandha, tea tree

Skin inflammation and wound healing: balsam copaiba, bergamot, blackcurrant bud, cypress, German chamomile, helichrysum, juniperberry, lavender, Lebanese cedarwood, myrrh, patchouli, poplar bud, rose, sandalwood, spike lavender, Virginian cedarwood

#### **References**

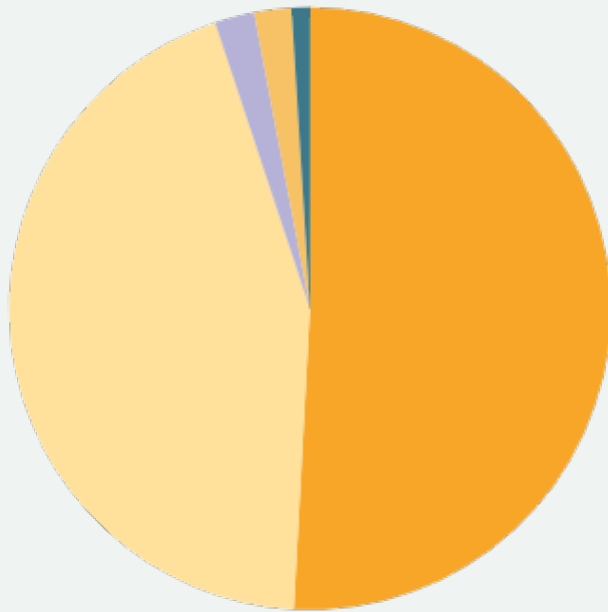
Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon

Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

<b>Scent Notes</b>	<b>Psychological rankings</b>	<b>Physical rankings</b>		
<b>Middle</b>	<b>Balancing</b>	<b>2</b>	<b>Circulatory/Lymphatic</b>	<b>1</b>
	<b>Sensual</b>	<b>2</b>	<b>Immune/Infection</b>	<b>2</b>
	<b>Calming</b>	<b>2</b>	<b>Muscular/Skeletal</b>	<b>2</b>
			<b>Neurological</b>	<b>1</b>
			<b>Respiratory</b>	<b>1</b>
			<b>Skin</b>	<b>1</b>

**Ingredient notes**

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**Chemical families**

monoterpenols	49.61%
monoterpenes	42.95%
esters	2.07%
sesquiterpenes	1.95%
oxides	0.96%

**Complete chemical breakdown**

**monoterpenols**

terpinen-4-ol	29.06%
cis-thujanol	9.93%
$\alpha$ -terpineol	3.21%
trans-thujanol	2.73%
trans-p-menth-2-en-1-ol	1.4%
linalool	1.18%
cis-p-menth-2-en-1-ol	0.98%
trans-piperitol	0.62%
cis-piperitol	0.4%
borneol	0.1%

**monoterpenes**

$\gamma$ -terpinene	15.18%
$\alpha$ -terpinene	9.09%
sabinene	6.33%
terpinolene	3.39%
d-limonene	2.12%
$\beta$ -myrcene	2.01%
p-cymene	1.77%
$\beta$ -phellandrene	0.96%
$\alpha$ -pinene	0.75%
$\alpha$ -thuyene	0.58%
$\beta$ -pinene	0.42%
$\alpha$ -phellandrene	0.35%

## esters

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linalyl acetate	2.07%
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## oxides

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1,8 cineole	0.96%
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## sesquiterpenes

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b-caryophyllene	1.05%
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bicyclogermacrene	0.9%
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