



Name	Latin Name	Origin
Rosemary	Rosmarinus officinalis	Tunisia
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$12	
Part of plant	Safety note	Conservation Status
Flowers and Leaves	<p>If oxidized it can cause skin irritation or sensitization. The literature suggests that people with epilepsy, high blood pressure, and pregnant women should avoid rosemary because of the camphor content. It can be a stimulating oil; avoid nighttime use. With children, use at no more than 1% (5-6 Drops Total In 1 Ounce Of Carrier). According to Rodney young and Robert Tisserand, they believe that there is no case for contraindicating any essential oil in someone with high blood pressure.</p>	<p>No status of concern Not listed with a conservation status.</p>
Profile	Therapeutic Properties	
<ul style="list-style-type: none"> • Oxide rich 	<ul style="list-style-type: none"> • Analgesic • Antioxidants • Anti-inflammatory • Antifungal • Antimicrobial • Antirheumatic • Antiviral • Astringent • Cicatrizant: Cell-regenerative for skin, healing for scars. • Decongestant • Expectorant • Regenerative to the skin and may help heal older scars. • Especially effective for bronchial conditions and colds. • Supports healthy digestion and internal organ function. • Aids memory and promotes positive brain health. • Promotes healthy circulation. • Soothing to sore muscles, aches, and pains. • Emotionally uplifts and energizes. This essential oil 	

encourages mental clarity and helps to stimulate and strengthen the mind.

Synergy

Synergy 1

1,8-cineole (analgesic, antibacterial - bacteriostatic, anti-inflammatory, antinociceptive, antiviral, cognitive performance enhancer, colon-protective, cooling, gastroprotective, relaxant, vasorelaxant).

Synergy 1 Primary Combinations

1,8-cineole (analgesic, antibacterial - bacteriostatic, anti-inflammatory, antinociceptive, antiviral, cognitive performance enhancer, colon-protective, cooling, gastroprotective, relaxant, vasorelaxant).

Synergy 1 Secondary Combinations

galangal, lavandin, sugandha.

Synergy 2

Camphor, α - and β -pinene, α - and β -caryophyllene, α - and β -caryophyllene, borneol, camphene, α -terpineol, para-cymene (analgesic, antibacterial, antidermatophyte, antifungal, anti-inflammatory, antinociceptive, antioxidant, antispasmodic, antiviral, anxiolytic, cardioprotective - anti-atherosclerosis, cholinesterase inhibitor, chondroprotective, CNS stimulant, cough suppressant, expectorant, gastroprotective, immunomodulatory, mucolytic, neuroprotective, sedative, sleep enhancement, vasodilatory, vasorelaxant, wound healing) .

Synergy 2 Primary Combinations

black spruce, coriander seed, cistus, dwarf pine, juniperberry, kanuka, red spruce, white spruce, Norwegian spruce, Scots pine, Thymus zygis .

Synergy 2 Secondary Combinations

angelica root, black pepper, blackcurrant bud abs., cananga, carrot seed, Douglas fir, geranium, nutmeg, sweet marjoram, red pine, tea tree, thyme ct borneol, white spruce, ylang ylang.

Traditional Synergy Therapeutic Potential (Psychological)

Fatigue, poor concentration, depression: basil ct linalool, bergamot mint, black pepper, black spruce, cardamom, combava peel, coriander seed, Douglas fir, fennel, lime, lemon, grapefruit, hemlock, juniperberry, Scots pine, Siberian fir, spike lavender, thyme, white spruce .

Traditional Synergy Therapeutic Potential (Physical)

Acne: blackcurrant bud, cinnamon leaf, clary sage, combava leaf, copaiba balsam, coriander seed, E. globulus, E. smithii, jasmine grandiflorum, lemongrass, manuka, neroli, orange sweet, patchouli, plai, rose, sandalwood, sweet orange, tea tree, vetiver, ylang ylang, white champaca

Musculoskeletal inflammation, pain, tension: basil ct linalool, bergamot mint, black pepper, black spruce, combava peel, cypress, Douglas fir, geranium, hemlock, hops, juniperberry, lavandin, lavender, lemon,

Energetics

Energetics

Used to purify & cleanse the environment as an incense for worship & ritual. Rosemary was fumigated family events & special occasions to make them memorable, and on a deeper level it also helps us to remember our own path and who we really are, reminding us of our self-worth allowing us to show up in an authentic way.

Energy

Warm.

Five Element Affinity

Five Element Affinity-Metal, Earth

References

(Mojay, 1997, p. 115) (Holmes, 2019, p. 316) (Holmes, 2019, p. 316)

lemongrass, Norway pine, nutmeg, Scots pine, sweet marjoram, thyme ct linalool, Utah juniper
 Respiratory inflammation, congesting, coughing: Atlas cedarwood, balsam fir, bay laurel, black pine, black spruce, cajeput, Colorado fir, cypress, Douglas-fir, E. globulus, E. polybractea, E. radiata, E. smithii, fennel, fragonia, frankincense, galangal, galbanum, ginger, Greek sage, hemlock, hyssop ct cineol, juniperberry, kunzea, lavender, maritime (sea) pine, myrtle, niaouli, Norway pine, peppermint, piñon pine, ponderosa pine, rhododendron, rosalina, rosemary, sandalwood, saro, Scots pine, Siberian fir, spike lavender, sweet marjoram, thyme CT thymol, white pine

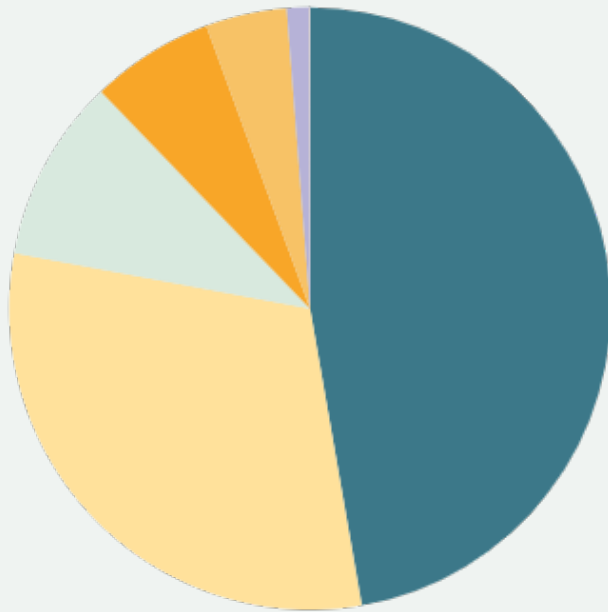
Skin inflammation, ageing: balsam copaiba, basil ct linalool, bergamot, blackcurrant bud, camphor ct nerolidol, cinnamon leaf, clary sage, combava petit-grain, coriander seed, cypress, E. globulus, E. smithii, geranium, jasmine grandiflorum, juniperberry, lemon, lemongrass, manuka, neroli, patchouli, plai, rose, rosemary, sandalwood, sweet orange, tea tree, vetiver, violet leaf, Virginian cedar, white champaca, ylang ylang

References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon
 Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Scent Notes	Psychological rankings	Physical rankings
Top middle	Energising	3 Circulatory/Lymphatic 2
		Digestive 2
		Muscular/Skeletal 3
		Neurological 2
		Respiratory 3

Ingredient notes



Chemical families

oxides	44.93%
monoterpenes	29.19%
ketones	9.35%
monoterpenols	6.28%
sesquiterpenes	4.15%
esters	1.16%
ethers	0.02%

Complete chemical breakdown

oxides

1,8 cineole	44.77%
caryophyllene oxide	0.16%

ketones

camphor	9.35%
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monoterpenes

α -pinene	11.56%
β -pinene	8.09%
camphene	4.51%
limonene	2.33%
β -myrcene	1.36%
p-cymene	1.34%

monoterpenols

borneol	2.92%
α -terpineol	1.92%
terpinen-4-ol	0.84%
linalool	0.6%

sesquiterpenes

b-caryophyllene	4.15%
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ethers

methyl eugenol	0.02%
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esters

bornyl acetate	1.16%
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