



# Marjoram

ORIGANUM MARJORANA

Sweet Marjoram, not to be confused with “Spanish Marjoram,” is part Origanum family. This camphoraceous essential oil is high in the constituent monoterpenes and monoterpenols and has no 1,8 cineole (oxide).

## COUNTRY OF ORIGIN

France, Spain, and South Africa

## EXTRACTION METHOD

Steam Distillation

## PLANT PART

Flowers, Leaves

## BOTANICAL FAMILY

Lamiaceae (Labiatae)

## CHEMICAL FAMILY

Monoterpenes, Monoterpenols; Linalool Terpinen-4-ol

## AROMA

Fresh, Herbaceous, Sweet, Warm and Radiant, Woody

## NOTE

Middle

## SAFETY

- Non-toxic
- Non-irritating
- Use with caution the first trimester of pregnancy

Dilute before use; for external use only. Do not use on young children, and it may cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.

## THERAPEUTIC PROPERTIES

Because Sweet Marjoram has high levels of monoterpenes and monoterpenals, it is most effective as a tonifier, sedative, and antiseptic. Where Spanish Marjoram, because of its high 1,8 cineole content, is more effective for respiratory congestion.

ANALGESIC	WARMING	DIGESTIVE AID
ANTIBACTERIAL	ANTI-INFECTIONOUS	VASODILATOR
ANTIFUNGAL	BLOOD PRESSURE AID	ANTIMICROBIAL
ANTISPASMODIC	DIURETIC	CNS SEDATIVE
CEPHALIC	ANTI-INFLAMMATORY	ANTIHISTAMINIC
SOOTHES MUSCLES		

## BODY SYSTEMS

### CIRCULATORY

HIGH BLOOD PRESSURE

### DIGESTIVE

PANCREATITIS, COLIC & CONSTIPATION

### INTEGUMENTARY

BOILS, COLD SORES & RINGWORM

### LIMBIC

EMOTIONAL BALANCE, ANXIETY & DEPRESSION

### MUSCULAR

CARPAL TUNNEL & TENDONITIS, MUSCLE CRAMPS & SPRAINS



## BODY SYSTEMS (CONT.)

**NERVOUS**

**MIGRAINES & HEADACHES**

**REPRODUCTIVE**

**OVERACTIVE SEX DRIVE**

**RESPIRATORY**

**CROUPS & BRONCHITIS**

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