



Rosemary

ROSMARINUS OFFICINALIS

Rosemary helps with overcoming mental fatigue and sluggishness by stimulating and strengthening the entire nervous system. It also enhances mental clarity while aiding alertness and concentration.

COUNTRY OF ORIGIN

Native to Asia, Mediterranean region; France, Spain.

EXTRACTION METHOD

Steam Distillation

PLANT PART

Flowering Tops and Leaves

BOTANICAL FAMILY

Lamiaceae (Labiatae)

CHEMICAL FAMILY

Monoterpenes, Sesquiterpenes, Monoterpenols, Ketones, Oxides

AROMA

Camphoraceous, Fresh, Herbaceous

NOTE

Top-Middle

SAFETY

- Avoid during pregnancy.
- Do not use with epilepsy.
- Do not use it if you have high blood pressure.
- Do not use with homeopathic remedies.
- Rosemary is stimulating and should not be used before bed.

Non-toxic, however, if oxidized it may cause skin irritation or sensitization. Recent studies by Tisserand suggest there is no evidence that Rosemary raises blood pressure. Avoid camphor-rich oils during pregnancy. Rosemary should not be applied near the face of children or infants.

THERAPEUTIC PROPERTIES

Rosemary stimulates cell renewal, improves dry or mature skin, eases lines and wrinkles, and heals burns and wounds.

ANALGESIC	ANTIVIRAL	NERVINE
ANTIBACTERIAL	CEPHALIC	RUBEFACIENT
ANTIDEPRESSANT	DIGESTIVE	ANTIFUNGAL
ANTIFUNGAL	DIURETIC	STIMULANT
ASTRINGENT	EMMENAGOGUE	TONIC
ANTISEPTIC	HEPATIC	ANTI-INFLAMMATORY
CARMINATIVE	HYPERTENSIVE	DECONGESTANT
CICATRIZANT	EXPECTORANT	ANTIRHEUMATIC

BODY SYSTEMS

CIRCULATORY

LOW BLOOD PRESSURE

DIGESTIVE

JAUNDICE & LIVER CONDITION

ENDOCRINE

MENTAL, ADRENAL & CHRONIC FATIGUE

INTEGUMENTARY

HAIR LOSS

LIMBIC

NERVOUSNESS & DEPRESSION, FAINTING, EMOTIONAL BALANCE



BODY SYSTEMS (CONT.)

LYMPHATIC

CELLULITE

MUSCULAR

TIRED & STIFF MUSCLES

NERVOUS

BELL'S PALSY & MULTIPLE SCLEROSIS

RESPIRATORY

RESPIRATORY INFECTIONS

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