

Rosemary Essential Oil

Botanical Name

Salvia rosmarinus officially, previously known as *Rosmarinus officinalis*

Strength of Initial Aroma

Medium - Strong

Aromatic Description

Strong fresh, herbaceous, slightly camphorous aroma

Blends Well With

Citrus, resinous, spicy and other herbaceous or camphorous and medicinal oils such as tea tree and eucalyptus. Also blends well with Lavender and possibly other soft florals.

Rosemary Essential Oil Uses

- Stimulating effect on cognitive function increasing concentration, focus, clarity and memory retention.
- Tired/Aching Muscles
- Dandruff
- Hair growth
- Oiliness and overall hair care
- Arthritis
- Dull Skin

- Improves skin hydration and elasticity
- Oily skin/Acne
- Exhaustion
- Gout
- Muscle Cramping
- Neuralgia
- Poor Circulation
- Rheumatism
- Supports healthy immune and respiratory system
- Expectorant/Decongestant

Sources: www.aromaweb.com Bergamot EO Monograph, www.healthline.com

Rosemary Essential Oil Safety Information

Tisserand and Young warn that Rosemary Oil is potentially neurotoxic, depending on the level of camphor present in the oil. They also warn not to use on or near the face of infants and children. They recommend dermal maximum s of 16.5% for Rosemary Camphor and 6.5% for Rosemary Verbenone. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 407-409.]

Do not use if you have bleeding or seizure disorders.

As cited per www.aromaweb.com Bergamot EO Monograph

Other sources: www.healthline.com

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete and although we do our best to research our ingredients it is not guaranteed to be fully accurate.