

AUST L 336054  
AU SKU: 30140004



# dōTERRA® MARJORAM

*Origanum majorana herb top flowering oil essential 1 mL/mL*

*Warm, herbaceous, woody*  
*Aromatic description*

With a warm, herbaceous, and woody aroma, Marjoram essential oil can help support general health and wellbeing.

## PRIMARY BENEFITS

TRADITIONALLY USED IN  
AROMATHERAPY TO:

- Maintain and support general health & wellbeing.
- Relieve mild joint aches and pains.
- Soothe & calm nerves.
- Relieve headache symptoms.

## PRODUCT DESCRIPTION

Also known as 'wintersweet' or 'joy of the mountains', Marjoram was known to the Greeks and Romans as a symbol of happiness. In traditional aromatherapy practices, marjoram was used to help relieve mild pain, soothe the nerves and support overall health and wellbeing.

## DIRECTIONS FOR USE

**INHALATION:** Use two to three drops in the diffuser of choice.

**FOOD FLAVOUR USE:** Add one or two drops to food.

**Note:** Use up to 3 times per day or as needed.

See additional precautions below.

## WARNINGS

KEEP OUT OF REACH OF CHILDREN.  
Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

**PLANT PART:** Leaf

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Terpinen-4-ol, sabinene hydrate,  
γ-terpinene

## TIPS FOR USE

Try replacing dried Marjoram with Marjoram essential oil in your next recipe that calls for it.

Diffuse to refresh the air with a rich herbaceous aroma. Blends well with Basil, Lemon, Cypress, Lavender and Rosemary essential oils.



Certified Pure Tested Grade

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ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.