

# Rosemary

*Rosmarinus officinalis* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Flower/Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Camphoraceous, herbaceous

**Main Chemical Components:** Eucalyptol,  $\alpha$ -pinene, camphor

## Rosemary

*Rosmarinus officinalis* 15 mL

Part Number: 30201813

Wholesale: \$14.84 CAD

Retail: \$19.79 CAD

PV: 14.84

## PRODUCT DESCRIPTION

Rosemary is an aromatic, evergreen shrub whose leaves are frequently used to flavor foods such as stuffing, pork, roast lamb, chicken, and turkey. Along with its culinary applications, Rosemary's herbaceous and energizing scent is frequently used for diffusing.

## USES

### Cosmetic

- Blends with Tea Tree and Basil for a scalp-stimulating massage
- Add 5 drops of Rosemary Oil to shampoo to promote healthy-looking hair.
- Combine Rosemary, Frankincense, and Epsom salts for a refreshing bath.
- Blend with Wintergreen and Fractionated Coconut Oil for a soothing massage.

### Food

- Add one to two drops of Rosemary essential oil to meats and favorite entrees.

### Household

- Diffuse with Lavender for a soothing scent.
- Diffuse while studying for a stimulating aroma.

## CAUTIONS

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.



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