

# Marjoram

*Origanum majorana* 15 mL

# dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Warm, herbaceous, woody

**Main Chemical Components:** Terpinen-4-ol, trans-sabinene hydrate,  $\gamma$ -terpinene

## PRIMARY BENEFITS

- Provides a soothing and calming sensation to the skin
- May promote a healthy cardiovascular system when ingested†

### Marjoram

*Origanum majorana* 15 mL

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## PRODUCT DESCRIPTION

Also known as “wintersweet” or “joy of the mountains,” Marjoram was known to the Greeks and Romans as a symbol of happiness. Marjoram has been used in culinary dishes, imparting a unique flavor to soups, stews, dressings, and sauces. In Germany, this herb is known as the “Goose Herb” for its traditional use in roasting geese. In modern applications, Marjoram is valued for its calming properties and its positive benefits when used during a soothing massage. It also supports both healthy cardiovascular and immune systems when ingested.†

## USES

- Rub a drop on the back of neck to lessen feelings of stress.
- Apply diluted to a fussy child’s feet prior to a nap.
- Use in place of dried herb while cooking.
- Apply before and after exercising.

## DIRECTIONS FOR USE

**Aromatic use:** Use three to four drops in the diffuser of choice.

**Internal use:** Dilute one drop in 4 fluid ounces of liquid.

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

## 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.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.