

Rosemary

Essential Oil Supplement 15 mL

dōTERRA®

Product Information Page (UAE)



Application: ⓘ

Ingredients: Rosmarinus Officinallis (Rosemary)

Aromatic Description: Camphoraceous, herbaceous

Rosemary | Essential Oil Supplement 15 mL
60223748

Primary Benefits

- + Provides flavor to foods such as pasta, curry, soup, and meat
- + Helps increase the production of antioxidants.

Description

Rosemary is an aromatic, evergreen shrub whose leaves are frequently used to flavor foods such as pasta, curry, soup, or meat. Along with its culinary applications, Rosemary has many benefits. Long revered by experts, Rosemary was considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures. Rosemary's herbaceous and uplifting scent is frequently used in aromatherapy.

Uses

- + Add 1 drop of Rosemary essential oil to meats and favorite entrées for extra flavoring.
- + Turn your traditional mashed potatoes into a flavor-filled side dish with a little help from dōTERRA Rosemary oil.
- + Use as a convenient and potent substitute for fresh or dried rosemary in any recipe.
- + Take internally to help increase the production of antioxidants.

Directions

Internal: Dilute one drop in 120 mL of liquid. Take it once a day.

Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas.