

# ROSEMARY

*Rosmarinus officinalis 15 mL*

*Camphoraceous, herbaceous*

*Aromatic description*

## PRIMARY BENEFITS

- Uplifting to the senses with a rejuvenating scent
- Provides flavour to foods such as stuffings, meat and poultry

## PRODUCT DESCRIPTION

Rosemary is an aromatic, evergreen shrub whose leaves are frequently used to flavour foods such as stuffings, pork, roast lamb, chicken and turkey.

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 essential oils herbaceous and uplifting scent is frequently used in aromatherapy.

## USES

- Diffuse while studying to create an uplifting atmosphere. Blends well with Lemon, Cypress, Geranium, Basil and Eucalyptus essential oils.

- Add one or two drops of Rosemary essential oil to flavour roast meats and/or vegetables.

## DIRECTIONS FOR USE

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

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

## CAUTIONS

**KEEP OUT OF REACH OF CHILDREN.** Possible skin sensitivity. 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:** Flower/Leaf

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Eucalyptol,  $\alpha$ -pinene, camphor



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