

Rosemary

Rosmarinus officinalis 15 mL

dōTERRA® | CANADA

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 Composition: Eucalyptol, α -pinene, camphor

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Description

Rosemary is an aromatic, evergreen shrub whose leaves are frequently used to flavor foods such as stuffings, pork, roast lamb, chicken, and turkey. Along with its culinary applications, Rosemary's herbaceous and energizing scent is frequently used for diffusing. Long revered by experts, Rosemary was considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures.

Uses

Cosmetic

- + Blend with TeaTree and Basil for a stimulating scalp massage
- + Add 1 drop to shampoo to promote healthy-looking hair.
- + Combine with Frankincense and Epsom salts for a refreshing bath.

Food

- + Add one to two drops to meats and favorite entrees.

Household

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

Directions

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

Internal use: Dilute one drop in 120 mL of liquid.

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

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.