

Marjoram

Origanum majorana 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



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, γ -terpinene

PRIMARY BENEFITS

- Valued for its calming properties
- Use in cooking

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.

USES

- Apply to the back of the neck to lessen feelings of stress.
- Apply diluted to a child’s feet prior to a nap.
- Replace Marjoram essential oil in your next recipe that calls for dried marjoram.
- Apply before and after exercising.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fl. oz. 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.

