

Rosemary

Rosmarinus officinalis 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **A** **T** **I** **N**

Plant Part: Flower/Leaf

Extraction Method: Steam distillation

Aromatic Description: Camphoraceous, herbaceous

Main Chemical Components: Eucalyptol, α -pinene, camphor

PRIMARY BENEFITS

- Used in cooking to flavor foods.

PRODUCT 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 has many benefits. Long revered by experts, Rosemary was considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures. Rosemary's herbaceous and energizing scent is frequently used in aromatherapy. Taken internally it helps to reduce stress.

USES

- Diffuse while studying to maintain concentration.
- Take internally to help reduce stress.
- Add 1–2 drops of Rosemary essential oil to meats and favorite entrées for flavoring.

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 cautions 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.

