

# Marjoram

*Origanum majorana* 15 mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



Also known as “wintersweet” or “joy of the mountains,” Marjoram was known to the Greeks and Romans as a symbol of happiness

**Plant Part:** Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Warm, herbaceous, woody

## PRODUCT DESCRIPTION

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

- Use in place of dried herb while cooking.

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 4 fluid ounces of liquid.

## 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.

## PRIMARY BENEFITS

- Long-revered and known to the Greeks and Romans as a symbol of happiness
- Warm and herbaceous flavour used in countless savoury cooking recipes and in various cultures
- Marjoram is highly valued for its long-lasting, positive and calming aroma

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