

Rosemary

Rosmarinus officinalis 15 ml

dōTERRA® | INDIA

Product Information Page



CPTG®

Application: A I S

Plant Part: Flower/Leaf

Extraction Method: Steam distillation

Aromatic Description: Camphoraceous, herbaceous

Main Chemical Components: Eucalyptol, α -pinene, camphor

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SKU: 60219550

Primary Benefits

- + Provides flavor to foods such as pasta, curry, soup, and meat
- + Uplifting to the senses with a rejuvenating scent

Product Description

Rosemary is an aromatic, evergreen shrub whose leaves are frequently used to flavor foods such as pasta, curry, soup, or meat. 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 uplifting scent is frequently used in aromatherapy.

Uses

- + Add 1 drop of Rosemary essential oil to meats and favorite entrées for extra flavoring.
- + Turn your traditional mashed potatoes into a flavor-filled side dish with a little help from dōTERRA Rosemary oil.
- + Use as a convenient and potent substitute for fresh or dried rosemary in any recipe.
- + Diffuse while studying to create an uplifting atmosphere.

Directions for Use

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

For Use in Food: Add 1 or 2 drops to food.

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.