

ROSEMARY

ROSMARINUS OFFICINALIS 15 ML



PRIMARY BENEFITS

- UPLIFTING TO THE SENSES WITH A REJUVENATING SCENT
- PROVIDES FLAVOUR TO FOODS SUCH AS STUFFINGS, MEAT AND POULTRY

PRODUCT DESCRIPTION

Rosemary is an aromatic, evergreen shrub whose leaves are frequently used to flavour 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 uplifting scent is frequently used in aromatherapy.

USES

- Diffuse while studying to create an uplifting atmosphere. Blends well with Lemon, Cypress, Geranium, Basil and Eucalyptus essential oils.
- Add 1-2 drops of Rosemary essential oil to flavour roast meats and/or vegetables.

DIRECTIONS FOR USE

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

Food flavour use: Add 1 or 2 drops to food.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. Avoid contact with eyes, inner ears, and sensitive areas. If you are pregnant, nursing, or under a doctor's care, consult your physician.

PLANT PART: Flower/Leaf

EXTRACTION METHOD: Steam distillation

AROMATIC DESCRIPTION: Camphoraceous, herbaceous

MAIN CHEMICAL COMPONENTS: Eucalyptol, α -pinene, camphor

