

Marjoram

Origanum majorana 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



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

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Warm, herbaceous, woody

Main Chemical Components: Terpinen-4-ol, trans-sabinene hydrate, γ -terpinene

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 is valued for its calming aroma.

USES

- Apply to the back of the neck to lessen feelings of stress.
- Apply diluted to a fussy child’s feet prior to a nap.
- Apply before and after exercising.

DIRECTIONS FOR USE

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

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.

PRIMARY BENEFITS

- Aroma promotes relaxation and a restful sleeping environment

