

# Rosemary

*Rosmarinus officinalis* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T N

**Plant Part:** Flower/Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Camphoraceous, herbaceous

**Main Chemical Components:** Eucalyptol,  $\alpha$ -pinene, camphor

## PRODUCT DESCRIPTION

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.

## USES

- Diffuse while studying to maintain concentration.

## 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

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Part Number: 60206932

