

## Organic Rosemary – *Rosmarinus officinalis*

**Code:** OR016                      **Vol:** 10ml

**Country of Origin:** Morocco

### About the oil

**Distilled From:** Steam distillation of the flowerings tops and leaves.

**Aroma & appearance:** Clear, sharp, herbaceous aroma. Clear in color.

### Some beneficial ways of enjoying the oil:

- Rosemary is the classic "get up and go" oil. Try adding 3 drops of Rosemary, 2 drops of Lemon and 1 drop of Peppermint to a tepid bath before an important occasion.
- Adding a few drops to the final rinsing water for dark hair can help keep a natural shine.
- To aid concentration at important exam and interview times add 3 drops of Rosemary and 2 drops of Grapefruit to the water of an oil burner or diffuser.
- Use a blend of 4 drops Rosemary, 3 drops Cedar Atlas and 6 drops Lavender in 15ml of Sweet Almond Oil, and massage into over worked muscles.

There are three main types of rosemary. The best one for aromatherapy use is the eucalyptol (cineol) chemotype, from Tunisia, Morocco and Italy. The camphor chemotype comes from Spain, and the verbenone chemotype comes from Algeria and Corsica. The latter is contra-indicated due to neuro-toxicity. Absolute Aromas supplies the finest quality Moroccan Rosemary, which is the superior product.

### Did you know?

Rosemary bushes were planted around the Moorish orchards to ward off pests!

### Key Search words:

Stimulating, invigorating, antiviral, rejuvenates the hair, scalp & skin, antioxidant, effective toner, aids in increasing poor circulation, excellent for everyday aches and pains.

### Safety Data

Do not use Rosemary during pregnancy.

---