

Rosemary - Whole

Rosemary leaves are used medicinally. Rosemary contains vitamins A and C as well as iron, calcium, magnesium, phosphorus, potassium, sodium, and zinc. Its large concentration of magnesium gives it a mild tranquilizing effect. It also stimulates the cardiovascular system, increases body's production of bile, and lowers blood pressure.

The Chinese have believed for centuries that Rosemary can cure baldness, as well as cure headaches. During the Dark Ages, it was believed that carrying Rosemary could ward off the Bubonic Plague. Rosemary is a popular bridal bouquet flower, as it is supposed to represent fidelity in a marriage.

Usage

- ❑ May be used for carrier oils, scrubs, hydrotherapy treatments, and body wraps
- ❑ Amount depends on treatment.