

## Spanish Marjoram – *Thymus masticina*

**Country of Origin:** Spain

### About the oil

**Distilled From:** Herb, flowering head and leaves

**Aroma & appearance:** Pale yellow, amber colour with a warm, slightly spicy, and camphoraceous odour.

#### **Some beneficial ways of enjoying the oil:**

Try blending 1 drop of Spanish Marjoram, 2 drops of Mandarin, and 3 drops of Lavender in a teaspoon of Jojoba oil, and add to a warm bath before bedtime to help you sleep.

Blend 1 drop each of Spanish Marjoram, Rosemary, and Cypress in 10ml of Sweet Almond oil and use as an after-sport massage oil.

#### **Did you know?**

Spanish Marjoram is considered to be an inferior oil to the sweet variety. It has a higher cineol and eugenol content. The aroma is harsher than the sweet variety.

#### **Key Search words:**

Same as Sweet Marjoram. Less sedating and less pain relieving.

- Invigorating
- Stimulating
- Relieves everyday aches and pains
- Warming

#### **Safety Data**

Avoid the use of this oil during pregnancy

Avoid use with low blood pressure, depression and severe fatigue.

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