

Marjoram, Sweet – *Origanum marjorana*

Code: T144 **Vol:** 10ml

Country of Origin: Egypt

About the oil

Distilled From: Steam distillation of the dried leaves and flowering tops

Aroma & appearance: Sweet, herbaceous aroma, clear to pale yellow in color

Some beneficial ways of enjoying the oil:

- Try blending 1 drop of Sweet Majoram, 2 drops of Mandarin and 3 drops of Lavender in a teaspoon of Peach Kernel oil, and add to a warm bath before bedtime to help you sleep.
- Blend 1 drop each of Sweet Marjoram, Rosemary and Cypress in 10ml of Sweet Almond oil and use as an after-sport massage oil.

Sweet Marjoram (*Origanum Majorana*) is well known as a culinary herb cultivated in gardens all over the world. Steam distillation of the herb *Origanum Majorana*, gives this strongly aromatic oil vaguely reminiscent of Nutmeg and Cardamom. Egypt is the prime source for this oil.

It is important to differentiate between the various types of Marjoram, Thyme and Oregano, as their names tend to get very confusing, even to experts. Sweet Marjoram Essential Oil makes up only a small proportion of the Marjoram oils produced, most of which tend to be Spanish Marjoram. Spanish Marjoram (Oregano) is a completely different species, *Thymus Masticina*, and the so-called "Wild" Marjoram is the common garden herb, *Origanum Vulgare*, cultivated all over the world.

Did you know?

Used by the ancient Greeks in medicines, perfumes and other toiletries

Key Search words: Invigorating, stimulating, everyday aches and pains warming

Safety Data

Do not use during pregnancy
