

**Discover...**

# Rosemary

*Rosmarinus officinalis*

*Steam Distilled*

*Rejuvenating, Stimulating, Uplifting*

**Strong, fresh herbal scent, Rosemary is known for its stimulating, antioxidant and antiseptic properties.**

*The name Rosemary is derived from the Latin “dew” (ros) and “sea” (mare) or “dew of the sea” and is native to the shores of the southern Mediterranean. Rosemary has a very long history, and is one of the oldest recorded herbs in the chronicles of botany. In ancient times, Greek students wore garlands of rosemary to improve memory. The plant became known as an emblem of faithfulness and remembrance. In Shakespeare’s play Hamlet, Ophelia remarks, “There’s rosemary, that’s for remembrance.” In medieval times, the plant was burned in hospitals as an antiseptic. Rosemary is used extensively as a flavoring, as well as in perfumes. Along with its use as a memory booster, rosemary has traditionally been used to cleanse the air, support hair growth, ease muscle pain, and promote digestion.*

**Topically\*:** *Apply to the skin to alleviate muscle soreness and promote circulation.*

**Aromatically:** *Add to a diffuser or steam bath to encourage concentration and soothe anxieties.*

**Blends well with...**

**Thyme** to purify the air

**Peppermint** to revive mental focus

**Lavender and Eucalyptus** to ease body aches

**Lemon and Pine** for household use

**More Tips & Common Uses:** *Add Rosemary oil along with Peppermint and Grapefruit oils to a spray bottle filled with water for a refreshing spray, Add a few drops to shampoos to promote healthy hair and scalp; Add to any of our great recipes for hand creams, lotions, body butters and more.*

**As a Flavor:** *LorAnn’s pure rosemary is a gluten-free, food grade oil that can be used (very sparingly) as a flavor enhancement. Add a drop to soups or stews in place of the dried herb. Add a hint to shortbread and chocolate truffle recipes for an herbal update.*

\* Pure essential oils are very potent. We strongly recommend diluting them when applying topically to avoid any potential skin sensitivities. Please refer to our Essential Oil Safety Guidelines for more information.

**Disclaimer:** *The information provided here and throughout our website is for educational purposes only and is not intended to treat, cure, or diagnose any condition. This information is not intended as a substitute for consulting with your health care provider. It’s best to consult with a healthcare professional before using any essential oil during pregnancy or before using essential oils with children.*