

Rosemary ct. 1,8 Cineole

Rosemarinus officinalis ct. cineole

Therapeutic Properties: Analgesic, antimicrobial, antioxidant, antirheumatic, antiseptic, antispasmodic, aphrodisiac, astringent, carminative, cephalic, shologogue, choleric, cicatrizing, cordial, cytophylactic, diaphoretic, digestive, diuretic, emmenagogue, fungicidal, hepatic, hypertensive, nervine, parasiticide, restorative, rubefacient, stimulant (circulatory, adrenal cortex, hepatobiliary), stomachic, sudorific, tonic (nervous, general), vulnerary.

The use of Rosemary Essential Oil in alternative medicine is increasingly popular. Modern research is verifying many of the medicinal properties of Rosemary. Research suggests that free radical oxygen molecules play an important part in Alzheimer's Disease. Rosemary possesses at least 24 antioxidants (among them, the powerful rosmarinic acid), compounds that consume free radicals. It also contains at least six compounds that prevent the breakdown of acetylcholine. Acetylcholine plays a crucial role in the transmission of impulses from one nerve fiber to another across synaptic junctions.

Of all the plants in the plant kingdom, Rosemary Essential Oil has the highest content of hydrogen. This explains the oil's strong, warming effect. Applied externally, Rosemary Essential Oil assists the body with warmth and blood circulation. It is a wonderful antidote for cold feet, tired or weak legs, circulatory concerns, sore muscles, rheumatic pain, arthritis, and gout. Wonderfully fresh and stimulating, Rosemary is known for its ability to wake up the body and spirit.

aromatherapy & home uses

Circulation, Muscles and Joints: Arteriosclerosis, fluid retention, gout, muscular pain, palpitations, poor circulation, rheumatism.

Digestive System: Colitis, dyspepsia, flatulence, hepatic disorders, hypercholesteremia, jaundice.

Genito-Urinary System: Dysmenorrhea, leucorrhea.

Immune System: Colds, flu, fevers.

Nervous System: Debility, headaches, hypotension, neuralgia, mental fatigue, nervous exhaustion, and stress-related disorders.

Respiratory System: Asthma, bronchitis, whooping cough.

Skin Care: Acne, dandruff, dermatitis, eczema, greasy hair, insect repellent, lice, promotes hair growth, regulates seborrhea, scabies, varicose veins.

suggested usage

BATH:

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.
- Drizzle 2-5 drops on shower floor, turn the hot water on, and inhale the steam to ease a cough.

INHALATION

- Diffuse 15 drops in 15-minute intervals throughout the day to improve cognitive skills.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

INTERNAL

- 2 drops taken orally in a capsule can assist the liver and gall bladder. Can be added to a Liver Cleanse, or used independently.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

TOPICAL

- Some experts recommend Rosemary Essential Oil to help with baldness and hair loss as it may stimulate hair follicles. Add a few drops to shampoo and rinse through the hair, paying attention to the scalp.

responsible cautions

- Rosemary ct. 1,8 cineole should be avoided by those prone to epileptic seizures or hypertension.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

Producing Organ: Flowers and Leaves

Extraction: Steam Distillation

Country of Origin: Spain

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

pregnancy & children

Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed starting in the 2nd trimester at a 3% dilution (15 drops per 1 ounce)

Bath

- Infant to 3 months - *not recommended*
- 3 months to age 3 years - *not recommended*
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan salt or Clay Vitality
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - safe when used as directed starting in the 2nd trimester

Remember that blends, because of the smaller percentage of stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

availability

10ml Bottle



QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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