

# Rosemary ct. verbenone

## Rosemarinus officinalis ct. verbenone

**Therapeutic Properties:** *Immunostimulant, choleric, cholagogues, facilitates intestinal peristalsis, regulator of the intestinal flora, reduces atherosclerosis, and platelet aggregation, general and nerve stimulant, restores psychological balance.*

This milder chemotype of Rosemary is better suited for use with sensitive skin, children, and the elderly. It is known for its exceptional skin regenerating and wound healing abilities.

Rosemary ct. verbenone is accepted as the chemotype to assist with liver and skin concerns. It is believed to be a valuable aid for chronic skin conditions including eczema, psoriasis, and dermatitis. It is supportive as well in cases of scalp conditions and dandruff. Rosemary ct. verbenone balances the body's physiological functioning, firstly by assisting the body with drainage and secondly by acting as a stimulant. It acts with greater effectiveness as a general stimulant, as a true nerve tonic, and in restoring psychological equilibrium in people who are fatigued, stressed, having physical or psychological trauma, or individuals with "identity" problems, or else completely out of step with themselves.

Rudolf Steiner once said the "The ethereal oil of Rosemary helps restore the ego into the being", an esoteric interpretation which is nevertheless relevant.

It enhances the metabolic capacities of the hepatocytes and thus assists the body with detoxification of phenol-containing Essential Oils such as Oregano and Thyme ct. thymol, which is often combined with Rosemary ct. verbenone for infection. It is a good immune-stimulant by facilitating the synthesis of various globulins, that actively participate in the body's defense mechanisms. This same hepatic action gives it a lipolytic impact so that Aromatherapists can use Rosemary ct. verbenone in blends that are intended to assist the body with blood lipid content normalization.

Rosemary ct. verbenone is one of the most versatile and indispensable of all Essential Oils. It is a considerable asset for the Aromatherapist, not only for its effectiveness but also due to its ease of assimilation and great faculty for blending. After many years of practice, Rosemary ct. verbenone will still come up with many surprises for the watchful and respectful Aromatherapist; particularly the one who observes results at minimal and infinitesimal doses.

## aromatherapy & home uses

**Circulation, Muscles and Joints:** Arteriosclerosis, poor circulation.

**Digestive System:** Hepatic disorders.

**Nervous System:** Psychological balancer.

## 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 on the hot water, and inhale the steam to ease a cough.

### INTERNAL

- 2 drops taken orally in a capsule can assist the digestive system.
- 2 drops of Rosemary ct. verbenone and 2 drops of Juniper Berry in a capsule with Grape Seed Oil can assist with urinary and bladder concerns.
- 1 drop of Rosemary ct. verbenone, 1 drop of Bay Laurel, 1 drop of Cinnamon Bark, and 1 drop of Clove Bud in a capsule with Grape Seed Oil to assist the body with the improvement of bile secretion and intestinal parasites. Helps the body with restoring the balance of the intestinal flora.

## responsible cautions

- Rosemary ct. verbenone is usually taken by oral route and only rarely by cutaneous or rectal routes. It is not normally used in atmospheric diffusion, for which Rosemary ct. 1,8 cineole is more suited.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://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:** *France*

## 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



safety group #2

### 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 2<sup>nd</sup> 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 2<sup>nd</sup> trimester*

## 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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