

MARJORAM, SWEET

Origanum majorana



Essential Singles

Sweet Marjoram is not to be confused with Spanish Marjoram (*Thymus mastichina*) which is much sharper due to its higher 1,8 cineole content. Nor should it be confused with *Origanum compactum* (Oregano) which contains a high amount of phenols. Sweet Marjoram is a very gentle, highly effective essential oil that is particularly useful (topically) for sore and strained muscles, rheumatic pain, and as an aid for respiratory problems. Its antispasmodic characteristics also make it useful in regulating menstrual cycles and relieving painful periods. Works well as an after-sports rub. However, it is reported to lower libido in some cases.

GENTLE,
CALMING,
ANTIMICROBIAL

It is a good choice for use on children. Mix with Dill Weed for children's digestive issues and colic. A calming and sedating oil, it is an excellent, balancing, nerve tonic, helpful in calming emotions, soothing the mind, and easing stress and anxiety. It helps ease certain types of haycock, including migraine, and is warming and comforting to those suffering from grief and loneliness.

When combined with Ravensara, Sweet marjoram's soothing and antimicrobial effects are enhanced. Great for children experiencing growing pains, it will also benefit stomach aches and colic. Blended with carrier oil and used in massage, it helps ease menstrual pain. Lavender and Sweet Marjoram, when blended together, are excellent for rheumatic pain and neuralgia. For osteoarthritis, a great massage blend can be made using Sweet Marjoram, Ravensara, and Rosemary ct. 1,8 cineole. Marjoram oil is good for balancing emotional cravings. The comforting, balancing aspects of the oil enhance the ability to nurture self.

Available in: 10ml Bottle

daily uses

BATH

- Mix 10-20 drops with 1/2 cup Pink Himalayan or Dead Sea salt for a bath to ease sore, tired muscles. May also be very helpful in calming the psyche for a good night's rest.

DIFFUSION

- Diffuse 5-10 minutes per hour to relax bronchial membranes.

INHALATION

- Inhale by applying 2 drops on hands, rub, and inhale deeply to relieve coughing.

INTERNAL

- For cough, take 2 drops in 1/2 glass of water, mix well, and gargle, or apply a few drops to the chest and back to calm coughing fits.
- Make a cough drop by combining 2 drops marjoram, 1 drop Peppermint, and 1 drop Tea Tree. Mix well, place one drop on back of tongue, hold for 3 minutes. Follow with 1/2 teaspoon of honey and swallow.
- Wonderful when used as a flavoring for food. Use in salad dressings, sauces, soups, marinades, for meal preparation, or in a bread dipping sauce.

MASSAGE

- Dilute 5-10 drops with 1 tbsp of carrier oil and gently massage.
- For osteoarthritis relief, combine 10 drops of Marjoram, 5 drops of Ravensara, 10 drops of Rosemary, and 3 drops of Birch with 1 tbsp carrier oil. Massage on affected joints and muscles.

MISTING SPRAY

- For an effective tick repellent, add 10-20 drops into 4 oz distilled water. Shake well before each use.

TOPICAL

- Apply 1-2 drops on location to ease muscle spasms, headache, coughs, and bronchitis or on feet to relax body.
- For rheumatic pain or neuralgia, layer equal parts Marjoram and Lavender and affected area.
- For painful periods, blend 4 drops Sweet Marjoram, 2 drops Birch, and 4 drops Lavender and apply over lower abdomen. Can be diluted with carrier oil if desired.
- Apply 2-3 drops over the heart for emotional balancing.

RESPONSIBLE CAUTIONS

Non-toxic, non-irritant, non-sensitizing.

attributes

PRODUCING ORGAN

Flowering plant

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

Egypt

PROPERTIES

Analgesic, anaphrodisiac, antioxidant, antiseptic, antispasmodic, antiviral, bactericidal, carminative, cephalic, cordial, diaphoretic, digestive, diuretic, emmenagogic, expectorant, fungicidal, hypotensive, laxative, nervine, sedative, stomachic, tonic, vasodilator.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

