

Marjoram, sweet

Origanum marjorana

Therapeutic Properties: *Antiseptic, antiviral, astringent, aperitif, bactericidal, disinfectant, febrifuge, haemostatic, restorative, and tonic.*

It is the sweet, nourishing, and balancing quality of Sweet Marjoram that associates Marjoram primarily with the Earth Element. Whenever the Earth Element is depleted or under stress, worry and over-thinking can take hold.

There may be, in addition, feelings of real or imagined emotional deprivation – the idea that “no one cares”. Regardless of whether the person is truly isolated or not, they tend to see themselves as lonely and unsupported, easily feeling denied both warmth and affection. Relaxing, warming, and comforting, Sweet Marjoram Essential Oil addresses itself to each aspect of this psychological picture. It helps to calm obsessive thinking, ease emotional craving, and promote the capacity for inner self-nurturing. In its ancient role as a funeral herb, it can help us to accept any deep loss, especially when combined with oils of Cypress and Rose. As a herb of love, it nourishes the place from where neediness springs, helping to restore our power to give; it is a distillation of Mother Earth’s compassion.

Sweet Marjoram is one of the main Essential Oils that possess an ability to both strengthen and relax. It has very distinct antispasmodic and analgesic properties.

aromatherapy & home uses

Circulation, Muscles, and Joints: Arthritis, lumbago, muscular aches and stiffness, rheumatism, sprains, strains.

Digestive System: Colic, constipation, dyspepsia, flatulence.

Genito-Urinary System: Amenorrhea, dysmenorrhea, leucorrhea, PMS.

Immune System: Colds.

Respiratory System: Asthma, bronchitis, coughs.

Skin Care: Bruises, ticks.

suggested usage (10 years & up)

BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to ease sore, tired muscles. May also be very helpful in calming the psyche for a good night’s rest.

COMPRESS:

- Mix 2-4 drops of Sweet Marjoram Essential Oil in 1 pint of hot or cold water; soak a towel in water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser as needed to assist the body with coughing and relaxing bronchial membranes.
- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply.

INTERNAL

- To assist with a cough, take 2 drops in ½ 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 of Sweet Marjoram, 1 drop of Peppermint, and 1 drop of Tea Tree. Mix well, place one drop on back of the tongue, and hold for 3 minutes. Follow with ½ teaspoon of honey and swallow.

TOPICAL

- Add 5-10 drops to 1 tablespoon of carrier oil and gently massage to assist with osteoarthritis.
- For a large area massage, add 2 drops of Sweet Marjoram, 10 drops of Trauma Relief and 1 tablespoon of carrier oil. Massage on location to assist with muscle spasms, headache, coughs, bronchitis, rheumatic pain, or neuralgia.
- Apply 2-3 drops over the heart for emotional balancing.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- 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: *Whole Plant*
Extraction: *Steam Distillation*
Country of Origin: *Egypt*

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*

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan Salt*
- 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 the 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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