

Rosemary ct. verbenone

Rosmarinus officinalis



This milder chemotype of Rosemary ct. verbenone 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.

Respiratory infections will benefit from Rosemary ct. verbenone, as it possesses the same antibacterial and antiviral actions as its counterpart, Rosemary ct. 1,8 cineole, and is excellent in its ability to clear mucus and congestion. It is, however, gentler in nature and less mentally stimulating, making it an excellent choice for diffusion or application in the evening.

general uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.

INHALATION

- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale as needed.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

MASSAGE/TOPICAL

- Use 1 drop on the Crown, Heart, Solar Plexus, or Root Chakra when feeling overwhelmed.
- Add 4-5 drops to your shampoo, shower gel, or conditioner to promote hair growth and tonify the skin, clean up dandruff, and kill head lice.
- To relieve nervous exhaustion or headache, apply 1-2 drops to the temples and forehead.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired. Can be used whenever you are feeling anxious, overwhelmed, or stressed and need strength to go on.

PERFUME & COLOGNE

- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops of Essential Oils on pulse points to create your own personalized signature scent.

pregnancy & children

TOPICAL

- Infant to 3 months - 1 drop Essential Oil in 10 ml carrier oil (Grape Seed)
- 3 months to 2 years - 2 drops Essential Oil in 10 ml carrier oil
- 2 years to 5 years - 3 drops Essential Oil in 10 ml carrier oil
- 5 years to 10 years - 6 to 8 drops Essential Oil in 10 ml carrier oil
- Pregnancy - 6 to 8 drops Essential Oil in 10 ml carrier oil

BATH

- Infant to 3 months not recommended
- 3 months to age 2 years - 1 to 3 Essential Oil drops in 1 tablespoon of dried milk
- 3 years and up to age 5 years - 3 to 5 Essential Oil drops in 1/4 cup Pink Himalayan salt
- 5 year to 10 years - 6 to 10 Essential Oil drops in 1/4 cup Pink Himalayan salt or Clay Vitality
- Pregnancy - 6 to 10 drops Essential Oil in 1/2 cup of Dead Sea salt or Clay Vitality

attributes

Certified Organic
GRAS

Producing Organ: Flowering top

Extraction: Steam Distillation

Country of Origin: France

Therapeutic Properties: Analgesic, anti-inflammatory, antirheumatic, antiseptic, astringent, decongestant, emmenagogue, expectorant.

DILUTION GUIDELINES

Topical dilution for healthy individuals ages 10 and up is 10%.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce

RESPONSIBLE CAUTIONS

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.
- Contra-indicated in cases of high blood pressure and epilepsy.

availability

10ml Bottle



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure Therapeutic Grade that are Certified Organic and 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.

DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
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