

Rosemary ct. 1,8 cineole

rosmarinus officinalis ct. cineole 10ml

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 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.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser in 15-minute intervals throughout the day to improve cognitive skills.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic bottle, shake well, and mist into the environment as desired.*

bath

- **Bath:** Add 8 to 10 drops to ½ cup of Pink Himalayan or Dead Sea bath salts and mix into warm bath water.*
- **Shower:** Drizzle 2 to 5 drops on shower floor (in a corner, well away from where you're standing to avoid slipping), turn the hot water on, and inhale the steam to ease a cough.*

internal

- **Capsules:** Add 2 drops in a veggie capsule with carrier oil and take 1 capsule orally 1 to 2 times per day to assist the liver and gall bladder. Can be added to a liver cleanse or used independently.*

topical

- **Shampoo:** Add a few drops to shampoo and rinse through the hair, paying attention to the scalp to help stimulate hair follicles.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Internal • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

properties

Wildcrafted

Producing Organ: *Flowers and Leaves*

Extraction: *Steam Distillation*

Country of Origin: *Spain*

Main Chemical Constituents: *Pinenes, camphene, limonene, cineol*

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

responsible cautions

- Should be avoided by those prone to epileptic seizures or hypertension.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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