

Sweet Marjoram

origanum majorana 10ml

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 an 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.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser as needed to assist the body with coughing.*

bath

- **Bath:** Add 10 to 15 drops to ½ cup Pink Himalayan or Dead Sea 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.*

internal

- **Internal:** 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

- **Massage:** Add 5 to 10 drops to 1 tablespoon of carrier oil and gently massage to assist with osteoarthritis.*

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.*

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: Flowering plant

Extraction: Steam Distillation

Country of Origin: USA

Main Chemical Constituents: Terpinenes, terpineol, sabinenes

Therapeutic Properties: Analgesic, anaphrodisiac, anti-oxidant, antiseptic, antispasmodic, antiviral, bactericidal, carminative, cephalic, cordial, diaphoretic, digestive, diuretic, emmenagogue, expectorant, fungicidal, hypotensive, laxative, nervine, sedative, stomachic, tonic, vasodilator, vulnerary

responsible cautions

- Non-toxic, non-irritant, and non-sensitizing.
- Not to be used during pregnancy.
- 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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