

## ROSEMARY ESSENTIAL OIL

Rosemary (*Rosmarinus Officininalis*) is a fragrant perennial herb native to the Mediterranean region. It is an evergreen shrub that grows to around 1.5 metres and flowers in the spring and summer. The essential oil is extracted from the fresh flowering tops using steam distillation. With its refreshing herbal aroma, Rosemary essential oil is invigorating and helps to improve concentration and memory. .

<b>Botanical Name</b>	<i>Rosmarinus officininalis</i>
<b>Plant Part</b>	Fresh flowering tops
<b>Actions</b>	Invigorating, restoring, strengthening, improves concentration and memory,
<b>May Help</b>	Fatigue, muscular pains and injuries, weakness
<b>Fragrance Note</b>	Middle
<b>Blends with</b>	Cedarwood, Frankincense, Lavender, Peppermint, Petitgrain, Tea Tree



### Suggestions for use:

MENTAL CLARITY BLEND	
Rosemary	4
Lemongrass	4
Cedarwood	2
In a Vaporiser	

STUDY AID BLEND	
Peppermint	2
Lemon	6
Rosemary	2
In a Vaporiser	

\*Quantity shown refers to number of drops of essential oils

### Cautions

Avoid use during pregnancy. Do not use if suffering from epilepsy or high blood pressure.

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.