

# ROSEMARY

ROSMARINUS OFFICINALIS 15 ML

SKU: 30200004  
WHOLESALE: \$21.50  
RETAIL: \$28.68  
PV: 15

## PRIMARY BENEFITS



- UPLIFTING TO THE SENSES WITH A REJUVENATING SCENT
- PROVIDES FLAVOUR TO FOODS SUCH AS STUFFINGS, MEAT AND POULTRY

## PRODUCT DESCRIPTION

Rosemary is an aromatic, evergreen shrub whose leaves are frequently used to flavour foods such as stuffings, pork, roast lamb, chicken, and turkey. Along with its culinary applications, Rosemary has many benefits. Long revered by experts, Rosemary was considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures. Rosemary's herbaceous and uplifting scent is frequently used in aromatherapy.

## USES

- Diffuse while studying to create an uplifting atmosphere.
- Combine ¼ cup arrowroot powder and 2 drops each of Rosemary, Lavender, and Peppermint for a simple dry shampoo.
- Add 1-2 drops of Rosemary essential oil to meats and favourite entrées for flavouring.

## DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Food additive use: Add 1 or 2 drops to food.

Topical use: Apply one to two drops to desired area.

Dilute with a carrier oil to minimise any skin sensitivity.

See additional cautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children.

If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

**PLANT PART:** Flower/Leaf

**EXTRACTION METHOD:** Steam distillation

**AROMATIC DESCRIPTION:** Camphoraceous, herbaceous

**MAIN CHEMICAL COMPONENTS:** Eucalyptol, α-pinene, camphor

