



## Rosemary

*Rosmarinus officinalis*

### Product Information

Rosemary essential oil is a concentrated oil extracted from the leaves of the rosemary plant (*Rosmarinus officinalis*) through a process known as steam distillation. Rosemary is an aromatic herb that is widely used in culinary and traditional medicine practices.

### Uses and Benefits

- 1. Aroma:** Rosemary essential oil has a strong, fresh, and herbal scent with a woody undertone. Its invigorating aroma is often used in aromatherapy to promote focus, mental clarity, and uplift the mood.
- 2. Physical benefits:** Rosemary essential oil is believed to have various health benefits when applied topically or used in aromatherapy. It is known for its analgesic (pain-relieving), anti-inflammatory, and antibacterial properties. It may help alleviate headaches, muscle pain, and inflammation.

- 3. Cognitive benefits:** The aroma of rosemary essential oil is associated with improved cognitive function and memory retention. In studies, it has been shown to enhance cognitive performance and alertness, making it a popular choice for aromatherapy during periods of study or intense mental work.
- 4. Hair and scalp care:** Rosemary essential oil is often used in hair care products due to its ability to promote hair growth and improve the overall health of the scalp. It can stimulate hair follicles and help prevent dandruff and itchiness.
- 5. Respiratory support:** The oil's anti-inflammatory and antispasmodic properties may help ease respiratory issues, such as congestion, asthma, and bronchitis. Inhalation of rosemary essential oil vapor may provide relief from respiratory discomfort.
- 6. Circulation support:** Rosemary essential oil is believed to improve blood circulation when applied topically through massage. This improved circulation can aid in the relief of muscle tension and soreness.

#### Research:

#### Rosemary

<https://pubmed.ncbi.nlm.nih.gov/?term=rosemary+essential+oil>



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### Responsible cautions

- It's important to note that while rosemary essential oil has many potential benefits, individual reactions can vary.
- Some people may be sensitive to essential oils, so it's advisable to perform a patch test before using it extensively.
- Additionally, pregnant or nursing women, individuals with certain medical conditions, or those taking specific medications should consult a healthcare professional before using essential oils, including rosemary oil.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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