

# Rosemary

*Rosmarinus officinalis* 15 mL

dōTERRA™

PRODUCT INFORMATION PAGE



## Application:



**Plant Part:** Flower, Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Camphoraceous, herbaceous

**Main Chemical Components:** 1,8-Cineole,  $\alpha$ -pinene, camphor

## PRODUCT DESCRIPTION

Rosemary is an aromatic, evergreen shrub whose leaves are frequently used to flavour foods such as stuffing and roast lamb, pork, chicken, and turkey. Along with its culinary applications, Rosemary is used to help relax and create a sense of well-being. Rosemary was considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures. Rosemary can also be added to shampoo to help protect against split ends.

## USES

- Add a drop to your shampoo to help protect against split ends.
- Diffuse Rosemary, or apply topically during a long work day.

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize 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.

## PRIMARY BENEFITS

- Adds flavour to food.
- Helps relax and create a sense of well-being.

## Rosemary

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Part Number: 30201813

Wholesale: \$14.84

Retail: \$19.79

PV: 14.84

