

Rosemary

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Botanical Name: *Rosemarinus officinalis*

Method of Extraction: Steam

Rosemary is a herb that is steam distilled from the flowers and leaves. Originally from the Mediterranean coast, it can also be from Spain and France. Some of the chemical components in rosemary are borneol, camphene and camphor.

Rosemary essential oil has a remarkable effect on the central nervous system. It is an excellent brain stimulant, therefore great for inhaling to assist in achieving mental clarity. This oil is one that should be a part of every traveler's kit, whether you are flying or driving. Its effects on the foggy and fatigued mind of the weary traveler are amazing. Its sharp quality also lends it to use when respiratory problems occur (common cold, sinusitis, bronchitis, asthma, etc). For these conditions, rosemary works best when used in a steam inhalation. Rosemary is a good analgesic to help relieve pain from rheumatism and arthritis, as well as pain from over worked muscles (great in rubs for athletes). **This oil should NOT be used during pregnancy or by those individuals with epilepsy or high blood pressure.** Blends well with frankincense, lavender, lavandin, citronella, basil, peppermint, cedarwood, petitgrain, thyme and cinnamon. May irritate sensitive skins.

References: Information about this essential oil came from the following sources:
Worwood, Valerie Ann. *The Fragrant Pharmacy*. (Toronto: Bantam Books, 1990)
Davis, Patricia. *Aromatherapy: An A-Z*. (United Kingdom: Saffron Walden, 1988)
Tisserand, Robert and Tony Balacs. *Essential Oil Safety*. (Edinburgh: Churchill Livingstone, 1995)

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