Rosemary essential oil.

The name of the woody herb and evergreen shrub derives from the Latin “ros” (dew) and “marinos”(sea) commonly known as rosemary. It grows in Asia, Mediterranean countries and the Crimea.

In ancient times rosemary was considered as a sacred herb in Egypt, Greece and Rome. It was used during religious rites and ceremonies, in cooking and healing. In Middle Ages rosemary was burnt in order to ward off plague and as an incense. Nowadays, rosemary is widely used in culinary (sprigs) and medicine (rosemary essential oil).

The rosemary essential oil is extracted by steam distillation. The oil is almost colorless or yellowish. The aroma is strong, woody and camphorated.

It has many health benefits and therapeutic properties:

* Antiseptic
* Anesthetic
* Tonic
* Diuretic
* Cholagogue
* Emmenagogue (stimulates or increases menstrual flow)
* Hypertensive
* Digestive
* Expectorant, as the rosemary essential oil helps clear the phlegm from the respiratory tract.

Emotional influence of the rosemary essential oil:

* Mental activity boosting
* Improves memory
* Fights depression
* Puts thoughts in order
* Arouses interest in life
* Clears the mind.

Cosmetic use as:

* Tonic
* Antiseptic
* Hair-care to stimulate follicles.

The rosemary essential oil blends well with cinnamon oil, peppermint essential oil, lavender oil, black pepper oil, sage essential oil, cardamom oil, nutmeg oil, myrtle oil, chamomile oil, thyme oil.

Contra-indications: the rose essential oil should not be used during the pregnancy or if you have high blood pressure. It’s better to take a sensitivity test as the rosemary oil may cause an allergy.

How to use:

Aroma baths.

To relieve fatigue and stresses blend 5 or 6 drops of rosemary essential oil with any carrier oil and add to your bath.

To stay full of vim and vigour, blend

* Rosemary essential oil – 3 drops

A drop of Thyme oil and 2 drops of pine essential oil;

* Or 2 drops of rosemary , grapefruit and thyme essential oils;
* Or rosewood essential oil 3 drops, a drop of pine oil and 2 drops of marjoram oil;
* Or anise oil 3drops, up to 3 drops of lemon essential oil and no more than 5 drops of rosemary oil.

Aroma lamps (or burners).

For mental fatigue relief: up to 3 drops of rosemary essential oil for every 15 square meters of the room.

To improve memory: blend a drop of rosemary, thyme and lemon oil for every 15 square meters of the room.

To get rid of smells in the kitchen: blend a drop of rosemary oil, black pepper oil and a drop or two of lemon essential oil.

To clear the mind and promote clear thinking blend rosemary oil and patchouli essential oil.

As a massage oil to relieve pain and sooth muscles blend a drop of rosemary oil, black pepper oil, peppermint oil with a tablespoon of any carrier oil.

For skin lifting blend 2 tablespoons of carrier oil with 2 drops of rosemary essential oil, up to 3 drops of petitgrain essential oil and not more than 3 drops of anise essential oil.

Acne face mask. Blend 2 drops of rosemary and chamomile essential oils, add a drop of thyme oil to the carrier oil (sea-buckthorn oil, for example).

Hair-care mask for greasy and normal hair. Blend jojoba oil -10ml, with grape seeds oil – 20 ml, rosemary essential oil – 2; drops and sweet-flag oil – 2 drops; and a drop of birch essential oil.

Hair strengthening mask for dry hair. Jojoba oil- 10ml, avocado oil- 10ml, macadamia oil- 10ml, rosemary essential oil – 2 drops, sweet-flag oil – 2 drops, a drop of chamomile and birch oils.