



Rosemary Essential Oil

DESCRIPTION: Native to the Mediterranean region with a familiar, fresh and herbal aroma. Diffuse it to strengthen mental clarity and energize.

TOP AROMATHERAPY BENEFITS: clarity • energize • soothe

AROMA: Herbaceous & Green

BLENDS WITH: Eucalyptus, Lavender, Peppermint

INGREDIENTS: Rosmarinus officinalis (rosemary) leaf oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Not intended for use on children.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for an enlightening and energizing aromatherapy experience.

Study Aid

Diffuse to encourage focus while studying.

Natural Deodorizer

Combine with clove and tea tree to use as a natural deodorizer.

Natural Hairspray

Create a natural hairspray with 1 cup water, 2 teaspoons sugar, and 2 drops each of clary sage, lavender, rosemary, and peppermint.

Shampoo Boost

Add a few drops to a small amount of shampoo to stimulate healthy hair.

Surface Cleaner

To a spray bottle add 15 drops rosemary oil, 1 cup distilled water, and 1/4 cup white vinegar. Shake well.

Kitchen Cleaner

Combine with tea tree or rosemary oil to cleanse your kitchen sink and countertops.

Clean Sweaty Clothes

Add 10-15 drops per gallon of water and soak gym clothes and sports gear before adding to washing machine.

Floor Cleaner

Create a DIY floor cleaner by adding 1/2 cup warm water, 1/4 cup white vinegar, 1 teaspoon liquid dish soap and 10 drops of each rosemary and peppermint oil to a spray bottle.

Outdoor Spray

Create a natural outdoor spray with 1/2 cup apple cider vinegar and 5 drops each of citronella, lemongrass, peppermint, eucalyptus and rosemary.

Body Cleanse

Dilute and apply to pulse points when trying to detox body.

DIY AROMATHERAPY BLENDS:

Afternoon Pick-me-up: Rosemary + Cinnamon + Peppermint

Be Alert: Rosemary + Wintergreen

Clean & Minty: Rosemary + Eucalyptus + Peppermint

Focus: Rosemary + Lemon + Peppermint

Fresh & Herbal: Rosemary + Eucalyptus + Ginger + Orange

Healthy Home: Rosemary + Cinnamon + Clove + Eucalyptus + Orange

Meditate: Rosemary + Lavender + Patchouli

Memory Boost: Rosemary + Basil + Peppermint

Pure Air: Rosemary + Oregano + Tea Tree

Purify: Rosemary + Canadian Fir

Stimulating: Rosemary + Clove

Think Clear: Rosemary + Eucalyptus + Peppermint

Dilution Ratio: Best practices state that one 1/2 tsp of a carrier oil, like olive, coconut, jojoba or almond oils, be combined with every 1-2 drops of essential oil. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.