



PRODUCT DESCRIPTION

Marjoram is a popular culinary herb - closely related to Oregano. The essential oil distilled from its leaves has many properties that are beneficial in promoting overall health and well-being. Its prominently used in aromatherapy to relieve stress, produce calming effects, and soothe the senses. Known to the ancient Greeks and Romans as a symbol of happiness, Marjoram can have powerful, positive effects for the heart and nervous system.

PRIMARY BENEFITS AND SAMPLE USES

- » Improves mental clarity
- » Reduces stress and frustration
- » Helps with occasional nervous tension
- » Boosts healthy immune and respiratory activities

DIRECTIONS

Steam Inhalation: Add 2-3 drops to a cup of steaming water and inhale.

Diffusion: Diffuse 3-5 drops or more in the PURELY™ diffuser of your choice.

Topical: Dilute 1-2 drops with a PURELY™ carrier oil before use according to the dilution table shown. Be sure to test for sensitivity.

Ingestion: When using as a supplement, add 1 drop per 4 oz. of liquid. Use no more than three times per day.

PRECAUTION

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat.

BLENDS WELL WITH

Bergamot, Cypress, Tea Tree, Eucalyptus, and Roman Chamomile

COUNTRY OF ORIGIN Egypt

EXTRACTION METHOD Steam distillation



DIFFUSION



TOPICAL



STEAM



BATH



INGEST

DILUTION TABLE

Drops of EO for 1 tsp. of carrier oil	
1%	1
2%	2
5%	5

SKU# 1061
retail: \$23

MARJORAM

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent diseases.



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