



**PRODUCT DESCRIPTION**

Rosemary is a woody herb with fragrant leaves and blue or white flowers. The leaves look like hemlock needles, and it is found mostly in the Mediterranean. It has been recognized as a sacred plant by the Egyptians, Greeks and Romans. Many healers throughout the centuries have considered Rosemary useful for its digestive properties and for the alleviation of muscle pain. Rosemary oil has been used as a fragrant body perfume since ancient times. It has been used in incense, cleaning products and shampoos.

**PRIMARY BENEFITS AND SAMPLE USES**

- » Helps indigestion, cramps and constipation
- » Reduces muscle aches and pain
- » Gently soothes away the tension
- » For clarity of thought – Take a few drops in your hand and rub your hands together and cup over your mouth and nose to flood your senses for a few minutes
- » For dandruff – You can add Rosemary oil to your existing shampoo and rinse your hair with water every day
- » For extreme nausea – Rosemary oil can be used aromatically by holding it under the nose directly

**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.

**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**

Frankincense, Lavender, Clary Sage, Thyme, Lemongrass, Geranium, Chamomile and Peppermint

**COUNTRY OF ORIGIN** Morocco

**EXTRACTION METHOD** Steam distillation



**DIFFUSION**



**TOPICAL**



**STEAM**



**INGEST**

**DILUTION TABLES**

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

SKU# 1034  
retail: \$13

**ROSEMARY**

*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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