

Origanum majorana
MARJORAM

A pungent herb from the mint family, marjoram was reputedly created by Aphrodite, the Greek goddess of love, as a symbol of happiness and well-being. If it grew on a grave, the happiness of the deceased was assured. Marjoram has been known since ancient times as a friend to the nerves and useful to women. I use the oil to calm the mind and ease taut muscles.

SCENT
 Camphor-like, sweet, warm

NOTE
 BASE MIDDLE TOP

EXPENSE RATING
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CAUTIONS
 Avoid in pregnancy; use low dilutions (1%). See page 16.



Main constituents: methyl chavicol, terpineol, eugenol, linalol and many terpenes

— THERAPEUTIC PROPERTIES —

Gerard and Culpeper credited marjoram with the ability to comfort and warm the brain and benefit cold, stiff joints and respiratory disorders. It is antiseptic, anti-spasmodic and anti-fungal. Japanese research has confirmed its sedative effects. Marjoram is cultivated in central and southern Europe, and Egypt.

— EMOTIONS & MIND —

To treat insomnia or to restore frayed nerves, use diluted oil in a warm bath or with a soothing back massage to induce a good night's sleep.

— ACHES & PAINS —

Wonderful for treating rheumatic aches and cold, contracted muscles, and a great antidote to aches and stiffness from over-enthusiastic exercise. Apply diluted oil in a massage, a compress, or add to the bath (see pages 100–1).

— RESPIRATORY PROBLEMS —

One of the best remedies to treat colds and chills. Put a few drops of oil on a handkerchief and inhale to clear sinuses and ease headaches. Use in an inhalation for bronchitis and sinusitis (see pages 102–3).



THE FLOWERS AND LEAVES of marjoram plants are used, and the oil is extracted by steam distillation.

— GYNAECOLOGICAL PROBLEMS —

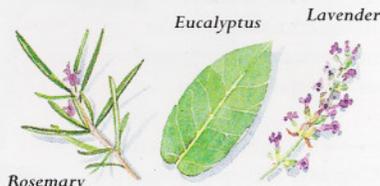
The warming and calming effects of marjoram oil help to relieve period pains. Slowly and rhythmically massage the abdomen and lower back with diluted oil or apply a warm compress to the abdomen.

LEG MASSAGE



Massage with marjoram oil eases aches (see pages 54–55, 64–65).

OIL COMBINATIONS



Rosemary

ROSEMARY AND EUCALYPTUS OILS reinforce the benefits of marjoram to ease colds and muscular aches. Lavender enhances its sedative qualities.