

Rosmarinus officinalis
ROSEMARY

Revered as the herb sacred to remembrance, rosemary was said by Culpeper to “help a weak memory and quicken the senses”. In medieval times, it was strewn on the floor and carried in posies to inhale in oppressive conditions. The herb was thought to ward off evil spirits and to be an elixir of youth and life. I often use rosemary in skin toners for its refreshing and invigorating qualities.

SCENT
Piercing, fresh, herbaceous

NOTE

BASE	MIDDLE	TOP
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EXPENSE RATING
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CAUTIONS
Avoid in pregnancy, high blood pressure and epilepsy. See page 16.



Main constituents: pinene, cineol, camphor, camphene, bornyl acetate, borneol

Therapeutic Properties

Traditionally rosemary was used as a fumigant for sick rooms and to protect against infectious disease. It was also known for its invigorating, uplifting qualities. Research in Germany in 1987 found that the herb has a stimulating effect on the central nervous system, which supports claims made by Culpeper and Gerard.

EMOTIONS & MIND

Invigorating and stimulating. Use for massaging the face and head (see pages 98–99).

ACHES & PAINS

Stimulates the skin to boost circulation and ease pain. For rheumatic aches, use in massage oil; if joint is inflamed, omit massage and use a compress instead (see pages 100–1).

RESPIRATORY PROBLEMS

The scent eases cold symptoms and clears congestion. Put two drops on a handkerchief and inhale or massage the chest with diluted oil.

FRESH FLOWERING tops from Mediterranean countries are used to make top quality oil.

LEG MASSAGE



The stimulating action of rosemary oil eases aches (see pages 64–65).

DIGESTIVE PROBLEMS

Relieves headaches that are related to indigestion (see pages 104–5).

ALLERGIES & INFECTIONS

Anti-fungal, anti-bacterial. Use as a disinfectant to help prevent infection and deodorize the air (see page 97).

SKIN & BEAUTY

Rosemary has a refreshing, invigorating effect on the skin, and is an effective addition to any toner (see page 72). After washing hair, add to the final rinse to stimulate the scalp, increase shine and clear dandruff.

OIL COMBINATIONS

Juniper



Lemon-grass

Petitgrain

THE HEALING PROPERTIES OF ROSEMARY are enhanced when blended with lemon-grass and juniper for muscular aches. Lemon-grass and petitgrain, like all citrus-scented oils, soften the aroma.