

Rosemary (Morocco)

Emotions	energizing, mental alertness
Uses	abdomen pain-lower, acne , acne-w/pustule , aging, arteriosclerosis , arthritis , arthritis-osteoarthritis, arthritis-rheumatoid , arthritis-pain, asthma , baby-bronchiolitis (>5yrs), back pain, baldness , bilious attacks, bleeding nose, blood-cleanse and purify , breathlessness, bronchitis, bruises , bumps, bursitis, catarrh, cellulite , chilblains, chilblains-circulation, circulation problems (low) , cold/flu , colitis, concentration, constipation, convalescence , coughs , cystitis, dandruff-dry, debility, depression, dermatitis, detoxification, diabetes, diarrhea , digestive aid , diverticulosis, drowsiness , dyspepsia/indigestion, edema , emotional fatigue , energy-lack of , epilepsy , exhaustion-physical, eyes-sties, faintness , fallen arch, fatigue-mental , fatigue-physical, fatigue-mental, feet care, feet-ganglion/synovial cyst, feet-painful, feet-tired , fibrositis, flatulence , fluid retention, gall bladder-infection/inflammation , gall bladder-stimulate bile flow/function , gallstones , genitals-male-swelling, gout/podagra , gums-bleeding, hair-beard, hair-dandruff , hair-dry, hair falling , hair-fragile , hair-greasy , hair-loss , hair-normal , hair-split ends , hangover , hay fever, head lice , head lice-prevent, headache , headache-gastric, headache-tension, heart-palpitations, heart-failure , heart-stimulant , heart-tonic , hemorrhoids, hepatic disorders, hernia-hiatus, hernia-inguinal, high blood pressure/hypotension, high cholesterol , immune stimulant, immune deficiency, indigestion/dyspepsia , insect repellent (+fleas) , intertrigo, intestinal infection , jaundice, jet lag, joints-painful , joints-strained, joints-swollen, lethargy , ligaments , liver problems, low blood pressure , lumbago/lower back pain , lymphatic stimulant , memory enhancement , menstrual bleeding-lack of/amenorrhea, menstrual pain/dysmenorrhea , mental exhaustion/fatigue , migraine , mucus congestion, muscle-ache , muscle-aerobic conditioning, muscle-after workout sauna, muscle-after workout shower, muscle-athletic competition-pre/post, muscle-cramps , muscle-conditioning, muscle-fatigue, muscle-increased performance, muscle-pain, muscle-spasm , muscle-sprains , muscle-toning, muscle-weakness, muscles-abdominal wall strain, muscles-buttock bruise, muscles-chest muscle spasm, muscles-elbow sprain, muscles-elbow tendonitis , muscles-facial bruise, muscles-frozen shoulder, muscles-leg sprain-lower leg, muscles-leg strain-lower calf, muscles-neck sprain, muscles-tendonitis, muscles-thigh injury, nail care, nails-brittle, nails-growth, nervous exhaustion, nervous tension , neuralgia, nose injury, nosebleed, pain relief , Parkinson's disease, PMS, raynaud's disease, respiratory problems, scabies , scalp disorders, sciatica, sinusitis , skin care, skin-aging, skin-blackheads , skin-dry , skin-hands, skin-infection , skin-normal, skin-oily , skin-rejuvenating , skin-slack, skin-tonic , skin-toning , stale air, stiff neck , stimulating , stomachache, stress-chemical/performance/physical, synovitis, thrush, tiredness-mental ,

tiredness-physical, tonic, tonic-gall bladder, tonic-liver, tonic-nerve, torticollis/wry neck, trichomonas, uterine prolapse, **vaginal discharge,** varicose veins, **whooping cough, wounds,** writers cramp

Properties	analgesic, antibacterial, anticatarrhal, antidepressant, antifungal, antimicrobial, antineuralgic, anti-oxidant, antirheumatic, antiseptic, antispasmodic, antitoxic, aphrodisiac, astringent, carminative, cephalic, cholagogue, cholaretic, cordial, cytophylactic, decongestant, digestive, diuretic, emmenagogue, expectorant, hepatic, hypertensive, muscle relaxant, nervine, restorative, rubefacient, stimulant, stomachic, sudorific, tonic-nervous system, vulnerary
Constituents	Pinenes, camphene, limonene, cineol, borneol, linalol, terpineol, octanone, bornyl acetate
Scent/Note/Viscosity	fresh, powerful, camphor like, herbaceous w/woody-balsamic undertone; middle note; clear; watery viscosity.
Best Mixed With	Bergamot, Black pepper, Cedarwood, Cinnamon, Citronella, Clary Sage, Cypress, Eucalyptus C/G/R, Frankincense, Geranium, Grapefruit, Juniper, Lavender, Lemon, Litsea Cubeba, Mandarin, Palmarosa, Peppermint, Petitgrain, Pine, Tea Tree, Thyme (Basil, Elemi, Labdanum, Lavandin, Marjoram, Naiouli, Oilbanum, Oregano, Ravensara)
Warning	Do not use if pregnant or if you have asthma, hypertension or epilepsy. May cause insomnia and restlessness. Do not use if you have sensitive skin. May irritate skin, dilute well.

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