



## Rosemary “Invigorating”

*Rosmarinus officinalis ct. cineole*

### **Body/Emotional/Other Benefits**

Rosemary essential oil is:

- Analgesic – pain relieving
- Antibacterial – helps control bacteria
- Antispasmodic – prevents and eases spasms and relieves cramps
- Anti-viral – helps control viruses
- Astringent – contracts, tightens and binds tissues
- Carminative – settles the digestive system
- Cicatrisant – helps the formation of scar tissue
- Diuretic – increases urine flow
- Expectorant – helps to expel mucus from the respiratory system
- Hepatic – stimulates and aids the function of the liver and gall bladder
- Hypertensive – increases blood pressure
- Mucolytic – dissolves or breaks down mucus
- Tonic – strengthens and improves bodily performance

Rosemary is beneficial for: memory loss; improving concentration; dispels grief; dandruff; stimulating hair growth; gout; rheumatoid arthritis; headaches and migraines; cramps; colitis; gallstones; jaundice; elevating blood pressure; Alzheimer's disease; boosting the immune system; liver, heart, brain, and eye disorders; and edema and fluid retention.

### **Suggested Use**

Dilute 10 drops in 1 oz carrier oil or lotion for application to the skin or in the bath. For steam inhalation use 4 drops in 2 cups of hot water.



#### Kasia Apothecary Essential Oils

Steam inhale rosemary to treat colds and flu and boost the immune system. Add a drop of rosemary essential oil to your favorite shampoo and conditioner to help stimulate hair growth, treat dandruff and increase shine.

Use two to three drops of rosemary in a Kasia H2EO® AirCare Ultrasonic Diffuser when studying, to help you concentrate and increase recollection. For an even more powerful effect use with peppermint.

### ***Chemical Constituents***

1,8-cineole, alpha-pinene, camphene, camphor

### ***Precautions***

Do not use during pregnancy, if epileptic, or if there is a history of high blood pressure. May act as an antidote to homeopathic remedies.

Our distiller growers provide GCMC traces to us to ensure authenticity and therapeutic quality.  
Kasia products are not intended to diagnose, cure or prevent any disease.



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