



Rosemary Essential Oil

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Rosemary Essential Oil

Rosemary has an energising citrus herbaceous scent and is good for treating a range of issues from dandruff to strained muscles.

About Rosemary

Rosemary essential oil is an energising oil with stimulating properties making it perfect for relieving physical and emotional fatigue. It also has antiseptic, anti-bacterial and anti-fungal properties which makes Rosemary essential oil great for soothing cuts and stings and also treating fungal conditions such as athletes' foot. It can also be used as an effective anti-bacterial spray for household cleaning.

You can add Rosemary to shampoo to help get rid of dandruff and encourage hair growth, it's great for conditioning the hair and scalp.



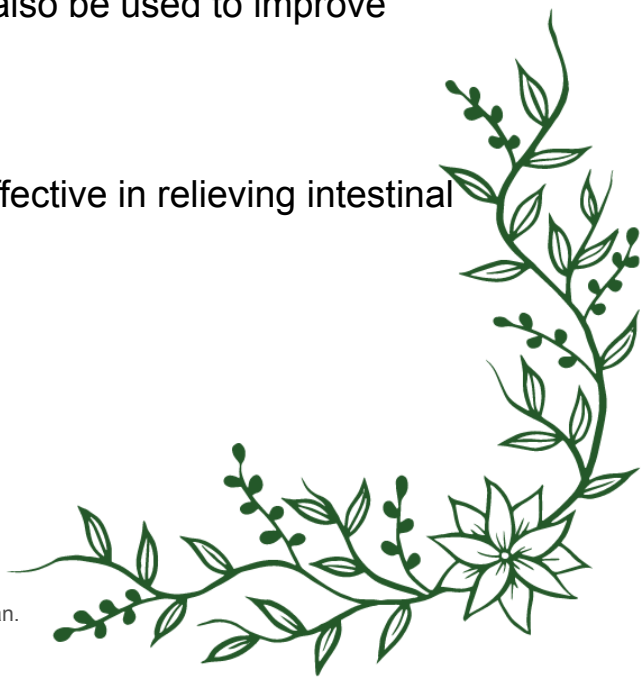
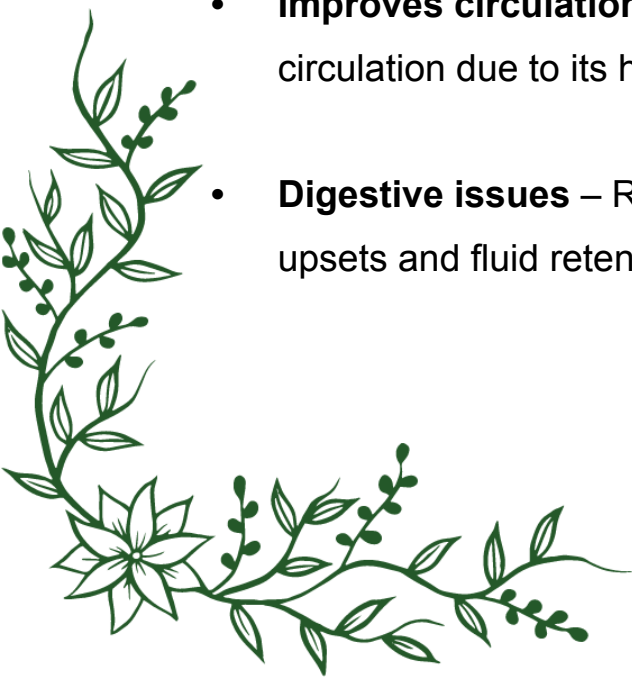
Healing Properties Of Rosemary Essential Oil

Rosemary essential oil has the following healing properties:

Properties

Antiseptic, anti-bacterial, anti-fungal, diuretic, stimulating, anti-depressant, antispasmodic, hypertensive, tonic and vulnerary.

- **Fatigue** – Rosemary can help to relieve fatigue due to its stimulating properties.
- **Muscles and joint pain** – due to its antispasmodic and anti-inflammatory properties Rosemary can be used to soothe muscular strains, sports injuries, sprains and rheumatism.
- **Hair conditions** – Rosemary is good for promoting hair growth and can help with conditions such as alopecia, it is also good for treating conditions of the scalp such as dandruff.
- **Liver decongestant** – due to its diuretic properties Rosemary can be used to help with liver conditions.
- **Improves circulation** – Rosemary can also be used to improve circulation due to its hypertensive.
- **Digestive issues** – Rosemary can be effective in relieving intestinal upsets and fluid retention.



- **Respiratory conditions** – Rosemary can be used to soothe coughs, chest congestion and headaches.
- **Wounds** - its antiseptic and anti-bacterial properties make Rosemary effective for treating cuts, bits and scrapes.
- **Fungal conditions** - Rosemary is an anti-fungal oil which makes it effective for treating fungal conditions such as athlete's foot.



Ways to use Rosemary Essential Oil

Diffuse

- Rosemary essential oil can be used in diffusers or oil burners. Using Rosemary essential oil in this way is particularly beneficial in relieving headaches, relieving congestion and sinusitis as well as boosting concentration, focus, improving memory and clearing the mind. It can also relieve feelings of fatigue.

Diffuse 1 - 3 drops of Rosemary essential oil in an oil burner or diffuser.

Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles. Rosemary is particularly effective in soothing sprains, strains and sore muscles.

Adults - up to 7 drops of Rosemary essential oil in 1 tbsp of carrier oil.

Children over 2 years old - up to 3 drops Rosemary essential oil in 1 tbsp of carrier oil.



Cream

- Adding a few drops of Rosemary to a base cream is a great way of harnessing its antiseptic and antibacterial properties to treat minor cuts and scrapes. It can also be effective as an anti-fungal cream for conditions such as athletes' foot. It can also be used to improve circulation.

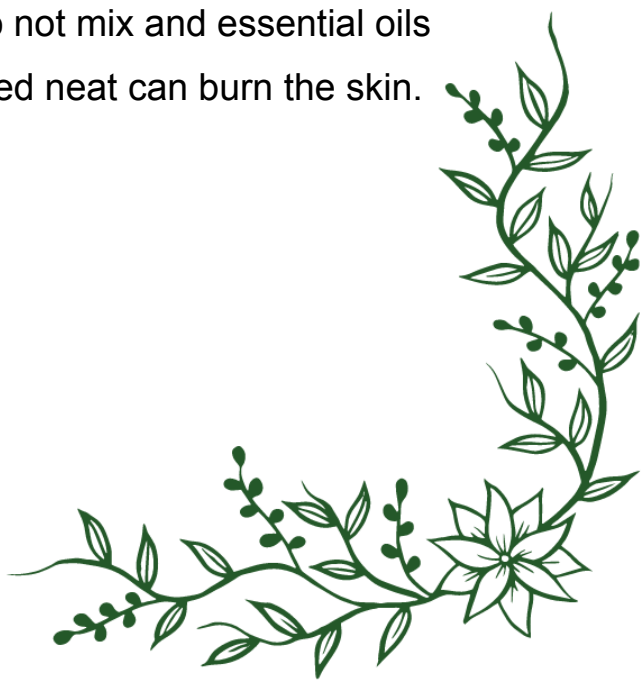
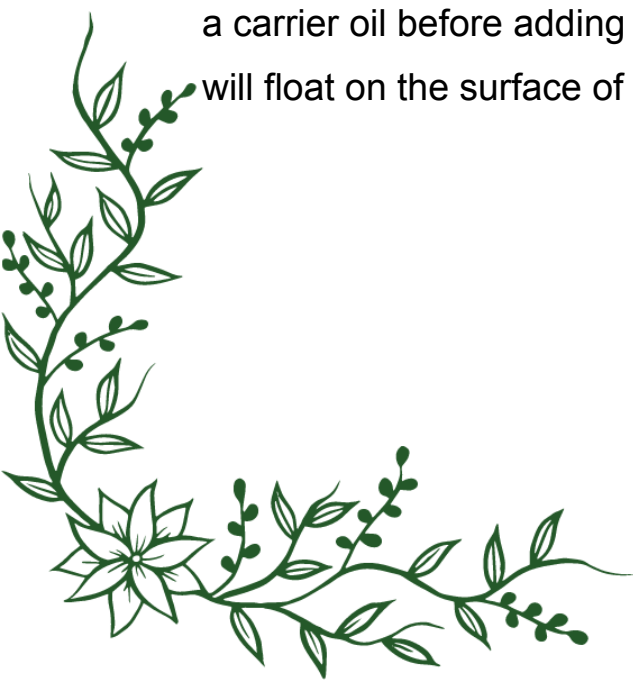
Add up to 12 drops of Rosemary essential oil to 30 ml of base cream.

Bath

- Rosemary essential oil can be added to a warm bath to relieve muscle aches, rheumatism, arthritis and cramps. It can also help with liver and gall problems as well as the oil inhalation helping to soothe mucus congestion, headaches, sinusitis and colds. The stimulating effects of Rosemary can also help to re-energise and reduce fatigue

Add 1 - 3 drops of Rosemary essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Inhalation

- Inhaling Rosemary essential oil is effective in helping to relieve symptoms associated with respiratory tract infections such as colds and sinusitis and coughs. Steam inhalation helps to clear congestion in your head, nose and chest. inhalation helps to clear congestion in your head, nose and chest.

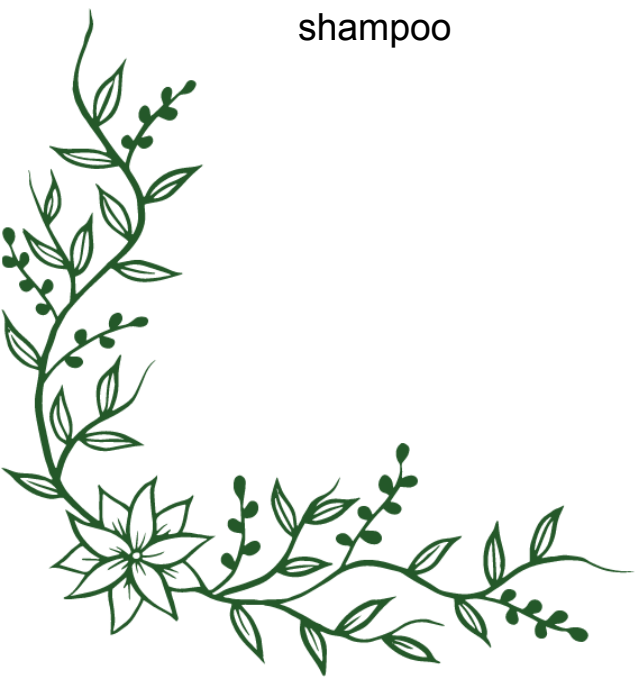
Simply add 1 -3 drops of Rosemary essential oil to a bowl of hot water, place a towel or blanket over your head and shoulders to enclose your head over the bowl and inhale for 5 – 10 minutes.

Note: Steam inhalation may be too strong for children, instead place the bowl in the room or close by and allow the steam to infuse in the air.

Shampoo

- Add a few drops of Rosemary essential oil to your normal shampoo to increase the circulation to the scalp which can improve hair growth. It also acts as a general conditioner and tonic for the hair and scalp, helping with issues such as dandruff.

Add 10 – 12 drops of Rosemary essential oil to your normal shampoo



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Rosemary goes particularly well with oils such as:

- Cedarwood
- Citronella
- Geranium
- Lavender
- Lemongrass
- Peppermint
- Basil
- Frankincense



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Rosemary should not be used during pregnancy or if epileptic.

If used in excess can act as a depressant.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian
Health & Well-Being Powered By Nature



Find out more at

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