

The Mystic Owl Apothecary  
Essential Oil Profile Sheet

**Rosemary Essential Oil**

Botanical Name: *Rosmarinus officinalis*

Plant Part: Leaves, stems

Origin: Spain

Processing Method: Steam Distilled

Color: Clear to pale yellow

Consistency: Thin

Note: Top

Strength of Aroma: Strong

Aromatic Scent: Fresh, herbaceous, sweet, slightly medicinal

Blends With: Basil, Bergamot, Cedarwood, Frankincense, Ginger, Lemon, Orange and Peppermint.

Common Uses:

Cognitive support and brain health, aching muscles, arthritis, dandruff, dull skin, exhaustion, gout, hair care, muscle cramping, neuralgia, poor circulation, rheumatism.

Cautions:

Tisserand and Young warn that Rosemary Oil is potentially neurotoxic, depending on the level of camphor present in the oil. They also warn not to use on or near the face of infants and children. They recommend dermal maximums of 16.5% for Rosemary Camphor and 6.5% for Rosemary Verbenone.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

