

# Rosemary essential oil



*100% pure, natural and complete essential oil coming from Italian certified organic farming*

**Quantity:** 10 ml

**Quality features :** Natural flavoring for foods. It does not contain additives

**Botanical name:** *Rosmarinus officinalis*

**Country of origin:** Italy

**Plant Part:** Flowering tops

**Extraction method:** steam distillation

**Aromatic note:** HEAD; aromatic and spicy smell

**Benefits and uses:** for internal use it has digestive, antispasmodic and carminative properties. It stimulates diuresis and perspiration, regulates the menstrual cycle, fluidizes the bronchial secretion, soothes convulsive coughs. For external use it is above all a good antiseptic.

It has stimulating effects on the nervous system. If inhaled, it gives energy, supports concentration and improves memory especially in case of intellectual activities under pressure. If used in the morning it carries out a tonic action. It stimulates our emotional parts, gives us courage, strengthens our will.

It has cardiogenic properties as it affects the heart. For this reason it is recommended in case of low blood pressure, weakness and fatigue, even mental.

Rosemary essential oil has purifying effects. With 2-3 drops in half a teaspoon of honey it stimulates biliary drainage and digestion, supports liver detoxification activities.

It is a good natural treatment for cellulite thanks to its lipolytic action. It stimulates the peripheral circulation and drains the lymphatic system.

It has anti-inflammatory properties. If diluted in almond oil and massaged locally it relieves muscle and joint pains.

It has tonic, antiseptic and cleansing effects on the skin. It is used to treat acne and dark spots. It has become a popular ingredient in many hair care products as it stimulates circulation, promotes oxygenation of tissues and hair regrowth.