

## **ROSMARINUS CT VERBENONE:** Energizing evergreen herbaceous scent...



### Benefits of rosemary essential oils:

#### **Health and well being**

- Promotes mental awareness, enhance memory and brain function and concentration
- Fights fatigue and lethargy
- Reduce stress levels and nervous tension
- Boosts Immune system and blood circulation

Ideal for diffusers, room sprays and surfaces

#### **Skin care / body care**

- Helps relieve sore muscles and aches
- Relieves sinus congestion and enhance respiratory function, fights cold and flu symptoms
- Stimulates hair growth and strength, removes dandruff
- Good for oily skin, acne, pimples, sluggish skin
- Mouth care use as mouth rinse to remove bad breath and fights bacteria

Ideal for sprays, tonics, creams and lotions

#### **Pest control**

- No more ants, fish moths and spiders in clothes
- Help to control flies and midges

Ideal for sprays and diffusers

Not suitable for pregnant or breastfeeding mothers

## Uses and methods:

### **Dilute guide**

- Maximum 5 drops of 100% pure essential oils into 5ml of carrier oil like olive oil
- Maximum 15 drops of 100% pure essential oils into 15ml of carrier oil like olive oil

### **In baths**

- 5 – 8 drops undiluted

### **Clothing**

- 1 – 2 drops undiluted to prevent midges and mosquitos
- 1 – 2 drops undiluted on socks or on bottom of trouser legs or sleeves to prevent fish moths

### **Diffusers**

- Undiluted as desired

### **Humidifiers**

- 8 drops undiluted per 500ml of water

### **Lotions and creams**

- 20 drops undiluted with natural, unfragranced lotion or cream

### **Pillows**

- 3 drops undiluted can be applied on pillows away from the eyes

### **Scalp treatments**

- 5 – 10 undiluted drops in a carrier oil

### **Sprays and mists**

- 20 drops undiluted to 500ml water

### **Pest control (gardening)**

- 2 drops undiluted in 4 litres of water. Shake vigorously and leave to blend for 24hours before application.

Not suitable for pregnant or breastfeeding mothers