



Rosemary

(*Rosmarinus officinalis*)
Stock #3914-8 (5 ml.)

Rosemary oil is a very effective inhalant that is also useful in massage, baths, shampoos and facials. Its astringent properties are beneficial for all skin types and skin conditions, including acne, dandruff, dermatitis, eczema and wrinkles. Aestheticians, cosmetologists and dermatologists have long used rosemary oil for its rejuvenative powers on hair and skin health and its ability to stimulate circulation to the skin and scalp. Rosemary oil also helps heal burns.^{1,2}

European researchers conducted a randomized, double-blind, controlled clinical trial on the effects of aromatherapy for the treatment of alopecia areata. A preparation containing the essential oils of rosemary, thyme, lavender and cedarwood, in a mixture of grapeseed and jojoba carrier oils, were to be massaged into the scalp daily for 7 months. Photographic assessment at 3 and 7 months showed a significant degree of improvement in 44% of the patients using the essential oil preparation, compared with only 15% using the control preparation (which contained only grapeseed and jojoba oils). Thus, aromatherapy was confirmed to be a safe and effective

treatment for alopecia areata.³

The essential oil of *Rosmarinus officinalis* is also recommended for combating numerous respiratory ailments. Rosemary oil contains the oxide cineole, which is a strong expectorant. In addition, cineole and the terpene alpha-pinene are believed to provide rosemary oil with antibacterial activity. For example, Egyptian researchers have demonstrated the effectiveness of rosemary oil (*Rosmarinus officinalis*) in vitro against cryptococcal meningitis, cryptococcal pneumonia, and systemic infections of mycobacterium—a bacteria responsible for diseases such as leprosy and tuberculosis.^{2,4,5}

In addition, according to a study in the *British Journal of Phytotherapy*, many essential oils possess a strong viricidal action, which is believed to be due to the presence of cineole in these oils. In the case of rosemary, this antiviral activity is further reinforced by the oil's alpha-pinene and caryophyllene content.^{2,4}

Furthermore, French scientists have conducted research to determine which essential oils are capable of purifying and deodorizing the air, destroying bacteria such as *Proteus*, *Staphylococcus aureus* and *Streptococcus pyogenes*. Several vaporized oils were found to effectively destroy 90% of microbes within 3 hours, including clove, lavender, lemon, mint, pine, rosemary and thyme. Inhaling vaporized essential oils is also beneficial because, in many cases, infections linger in the sinuses between bouts. Rosemary oil (*Rosmarinus officinalis*) is regarded as one of the best essential oils to use as an inhalant for the treatment of chest infections and other respiratory problems, along with eucalyptus (*Eucalyptus globulus*), frankincense (*Boswellia carteri*), lavender (*Lavandula angustifolia*), pine (*Pinus sylvestris*), and thyme (*Thymus vulgaris*) oils.^{2,4,5}

Rosemary essential oil is also regarded as a heart tonic and aid to the gallbladder and liver, regulating bile production and digestive and eliminative functions. Rosemary oil provides a diuretic effect that helps reduce bloating, water retention and edema. Rosemary oil even helps relieve aches and pains, cramping, and headaches.^{1,2,6}

Research published in the *Journal of Ethnopharmacology* has confirmed a peripheral analgesic effect from the terpene myrcene, which is found in the essential oils of rosemary, frankincense and rose. Not surprisingly, these oils have a long history of analgesic use. Rosemary oil may also prove beneficial as an antispasmodic for the treatment of painful cramping associated with dysmenorrhea.^{4,5,7}

The energizing and uplifting aroma of rosemary oil reduces mental fatigue and strain while simultaneously enhancing memory, thinking and alertness. In fact, according to German studies, inhaling rosemary oil actually stimulated physical activity in mice, causing them to become more active.^{1,6,8}

NSP's Rosemary essential oil is obtained from sources in Morocco, providing the oil with a higher cineole content. This type of rosemary oil is particularly beneficial for catarrhal conditions—cold in the nose and throat with secondary bacterial infection and excess mucus—and related respiratory problems. Rosemary oil is an especially effective inhalant when used in a diffuser.²

When using rosemary oil, there are some cautions that should be observed. Rosemary essential oil is known to increase arterial pressure by releasing adrenaline from the adrenal cortex.^{1,5,6} Due to the oil's effect on the nervous system and adrenal glands, excessive use (overdose and overuse) could lead to nervousness, spasms or possibly even convulsions in individuals predisposed to such conditions. Thus, rosemary oil is contraindicated for individuals with epilepsy or hypertension. In addition, rosemary oil is not recommended during pregnancy.^{1,4,5}

References:

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- 3 Hay, I.C., et. al. "Randomized trial of aromatherapy. Successful treatment for alopecia areata." *Arch Dermatol*; 1998, 134(11): 1349-1352.
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- 6 Schiller, C. and Schiller, D. *Aromatherapy Oils: A Complete Guide*. NY, NY: Sterling Publishing Co., 1996.
- 7 Lorenzetti, B.B., et. al. "Myrcene mimics the peripheral analgesic activity of lemongrass tea." *Journal of Ethnopharmacology*, 1991, 34(1): 43-48.
- 8 Tucker PhD, A. "The therapy of aroma." *Herbs For Health*; 1999, 3(6): 46-50.