

# HEALING ESSENTIALS AROMATHERAPY NEWSLETTER JANUARY 2015



## Issue #16 Featuring Rosemary Essential Oil

Happy New Year to all Aromatherapy Friends!!

As mentioned in a previous newsletter, January is the month for renewal. Once the stress and overeating of the holidays are past; fasting, hot baths, and massage are advised. In the ancient system of Ayurvedic medicine these practices accompanied most all therapies. To enhance the practice of fasting, cleansing baths, and therapeutic massage there is no finer essential oil than Rosemary.

**See attached flyer: Healing Essentials Advanced Aromatherapy on Medicinal Use of Essential Oils.**

What is easier to grow in California than Rosemary? It seems most gardens in Ojai have Rosemary growing in abundance. Rosemary grows on the side of my porch and there are several other "volunteer" shrubs in my garden. Due to our dry semi-desert climate of Ojai, Rosemary is the ideal plant needing almost no care except occasional water. And perhaps not even that. There is a thriving, blooming Rosemary bush growing here next to an abandoned building in dry, rocky, malnourished soil. It receives rain only a few days a year and nothing else. But what a marvelous plant; offering many healing remedies as well as a savory ingredient in numerous recipes.

**\*Monthly Special: See Valentine's Day Gift Below.**



**Rosemary the Flower of Loyalty and Remembrance**

***“Even to smell the scent of the leaves is to keep one young.”*** Banks

**History:** Rosemary is probably one of the best-known aromatic herbs and has been used medicinally for centuries. Traces of Rosemary have been found in Egyptian tombs of the first dynasty. This practice of using Rosemary in funeral rites continued with the Greeks and Romans, and to them it was considered a sacred plant symbolizing love and death. In the first Century AD, the great Greek physician, pharmacist, and botanist Dioscorides, recommends Rosemary as a powerful remedy for stomach and liver disorders in his *Materia Medica* which remained in print for over 1500 years. Hippocrates, as well, used Rosemary to treat liver disease.

Rosemary also became known for its stimulating effect on the brain, mind, and memory and consequently became known as a symbol of remembrance. Thus it continued to play a part in ceremonies associated with love, marriage, and death. Due to its warming and stimulating effects Rosemary was added to liniments and poultices. One of the earliest known alcohol based perfumes was Queen of Hungary Water, apparently prepared for the Queen in the 13<sup>th</sup> Century. Rosemary was distilled in brandy and later lavender, orange blossom, and other fragrant herbs were added. Hungary Water was used for many centuries and Rosemary continues to be used as a fragrance in soap, cosmetics, and perfumes.

So there you have it! Even today, centuries later Rosemary Essential Oil is considered a powerful liver cleanser, clarifying to the mind, warming to sore muscles, and a fragrant addition to many blends.



**Properties of Rosemary Essential Oil:** analgesic, anti-depressant, astringent, cephalic (clears mind), cholagogue (stimulates bile flow), digestive, diuretic, emmenagogue, hepatic, hypertensive, nervine, rubefacient, stimulant, and immuno-stimulant.

**Uses of Rosemary Essential Oil: Internal Use:** Essential Oil used in small amounts is safe to ingest internally.

- ❖ **Dermatologic and Cosmetic:** Can help improve dry or mature skin, ease lines and wrinkles, and heal burns and wounds. It can also clear acne, blemishes or dull dry skin by fighting bacteria and regulating oil secretions. It improves circulation and can reduce the appearance of broken capillaries and varicose veins. Rosemary is extensively used in hair care products especially to prevent dandruff.
- ❖ **Cardiovascular:** Known as a heart tonic. Raises blood pressure and warms extremities.
- ❖ **Digestive:** Acts as a stimulant to the bowel and helps to relieve constipation and liver congestion.

**Constipation Remedy: Add 3 drops each of Rosemary, Peppermint, and Ginger essential oils to 1 oz. base oil and massage abdomen. A warm castor oil pack or hot water bottle can be placed over the abdomen following the massage.**

❖ **Immune System:** Acts as a stimulant and depurative to the lymph system thereby strengthening the immune response. **Lymph and liver congestion Remedy: Have a full body massage adding 7 drops each of Rosemary and Carrot Seed essential oil to 1 oz. base oil.**

❖ **Musculo-skeletal:** In a massage blend, Rosemary is warming to stiff muscles and joints.

**Remedy: Make a concentrated blend of 10 drops each of Rosemary, Marjoram, and Lavender essential oils in 2 oz. any vegetable oil. Massage painful area following daily warm baths or showers. These essential oils may be added to bath water.**

❖ **Nervous System (CNS):** Helps relieve mental fatigue, poor concentration, and depression.

**Remedy: for mental clarity, add 1 drop Rosemary to 1 tsp honey and stir into warm water. Or simmer 2 sprigs of Rosemary herb for 5 min. Add honey and sip slowly. This tea also relieves menstrual cramps.**

❖ **Respiratory:** Antimicrobial and effective to relieve mucus conditions such as bronchitis, and sinusitis.

**Remedy: Diffuse Rosemary, Tea Tree, and Lavender. Add these essential oils to bath water. The above Rosemary Tea also relieves fever.**

❖ **Spiritual:** In Subtle Aromatherapy, Patricia Davis describes Rosemary as a psychic protector and due to its clarifying property is associated with the third eye chakra.

❖ **Urinary System:** A good safe diuretic remedy. Will reduce generalized edema especially ankle edema.

**Drink the fresh herb tea indicated under CNS.**

**Chemical Constituents:** As with many essential oils outlined in previous newsletters, there are three main types of Rosemary Essential Oil based on their chemical composition. Though all three share the properties and uses above, due to the differences in composition these oils can be applied for different purposes to achieve maximum efficiency.

1. *Rosemary Camphor-borneal* from Spain is best used as a general stimulant and heart tonic.
2. *Rosemary 1,8 Cineole* from Tunisia is best used for remedies to treat respiratory ailments. Research suggests R. Cineole is effective against staph and streptococcus bacteria
3. *Rosemary Verbenone* from France is the most gentle and non-irritant essence and is excellent for high quality skin care preparations.

**Rosemary blends well with:** Basil, Bergamot, Cedarwood, Frankincense, Ginger, Lemon, Orange, and Peppermint.

**Method of Application:** May be used topically in massage, compress, bath, ointment and skin care. May be inhaled directly, in diffuser or steam inhalation. With caution and in small doses may be taken internally.

**Safety:** Rosemary should not be used during pregnancy. Avoid using if hypertensive or prone to seizures. .

#### **Culinary Uses of Rosemary:**

Recipes abound with ways to use the herb Rosemary. It's distinct flavor enhances many foods including soups, breads, vegetables, meats, fish, and fowl. Growing abundantly in the garden it is easy to pick and sprinkle on roasted dishes.



Since researching Rosemary Essential Oil I have been adding it to my own health practices. I have been drinking Rosemary tea from the fresh herb. It is truly amazing to experience the power of this cleansing plant. It is known to

increase the healthy function of body organs but there is no CNS stimulating effect as from Eucalyptus and Peppermint, yet there is an awareness of mental clarity. I am also combining it with Calendula Hydrosol (flower water) to address dry itchy skin. It definitely has an anti-itch soothing effect. Rosemary has long been an ingredient in the Healing Essentials Invigorating Bath Salts. While soaking one is inhaling and benefiting from this amazing fragrance.

**\*Monthly Special: All Healing Essential Oil Products Containing Rosemary 20% Off.**

- **G.I. Relief Massage Blend (2 oz. clear plastic bottle)** Rosemary, Peppermint, and Ginger in Fractionated Coconut Oil. *Effective remedy for constipation, irritable bowel, and live cleansing.*

**Special price: \$8.00 (Regularly \$10.00)**

- **RESPIRATORY RELIEF FOR ADULTS : (30 ml glass cobalt).** Essential Oils: Lemon Eucalyptus, Eucalyptus radiata, Frankincense, Hyssop, Palmarosa, Rosemary, Tea Tree, Grapefruit in Grapeseed and Jojoba Oils. *Created to contain essential oils with a powerful anti-microbial and decongestant effect to relieve symptoms of coughs, colds, sore throat, nasal, and chest congestion. Pour 8-12 drops into hands and massage upper back and under arms. Apply lightly over chest. Massage soles of feet. Also effective in bath combined with Epsom Salts. (Not for children under 10 years of age.)*

**Special Price: \$12.00 (regularly \$15.00)**

- **INVIGORATING BATH SALTS**

Ingredients & Properties: Rosemary (*Rosmarinus officinalis*): Stimulating and invigorating effect. Analgesic, anti-depressant, astringent, hepatic, hypertensive, nervine, rubefacient. *Eucalyptus radiata*: antibacterial, antiseptic, antiviral, antispasmodic, decongestant, expectorant, febrifuge. Bay Laurel (*Laurus nobilis*): antiseptic, antibacterial, expectorant, tonic. Cardamom (*Elettaria cardamomum*): antiseptic, antispasmodic, cephalic, stimulant, stomachic, tonic. In Epsom Salts, Dead Sea Salts, and Soda Bicarb. *Energizing and immuno-stimulating.uplifting. Mentally clarifying. Add 1 TBSP to bath. Soak 20 minutes.*

**Special price: \$4.00 (regularly \$5.00)**

**Valentine's Day Gift**

**My Hearts Desire Pillow Mister:**

**12 inch square pillow = \$10.00**

**For travel or linens 5 inch square pillow = \$5.00**

***Pillows are covered with 100% cotton flannel pink heart design fabric. Comes with a 2 oz. mister to spray on pillow. "My Heart's Desire" fragrance is mild rose. Other designs and fragrances available. Makes a wonderful gift for children and elders. Very light weight to mail.***

May 2015 bring each and every one good health, wealth, and wisdom! Beginning with a cleansing program, attention to diet, exercise, and rest is a good way to begin our next journey.

Patricia Wing, RN, IAC, Clinical Aromatherapist

References:

1. The Complete Guide to Aromatherapy, by Battaglia, S., P. 257-259.
2. Information on the history and images of Rosemary are adapted from Wikipedia and various internet sites.
3. Medical Aromatherapy: Healing with Essential Oils by Kurt Schnaubelt, PhD. Pg. 188-189.
4. Aromatherapy: A Practical Approach to the Use of Essential Oils for Health and Well-being by Julia Lawless, pg. 110,118, 197.