



Sweet Marjoram essential oil has profoundly warming properties that are soothing and comforting to both body and mind. The oil has a mild, light aroma that is pleasing if you are in low spirits.

Properties, effects and methods of use:

Emotional

Calming and sedative; helpful in the relief of anxiety and tension, general debility, insomnia, irritability, and hysteria; can provide comfort for those suffering from intangible emotions such as grief, loneliness, and rejection relieves headaches and migraines. Used in inhalations, vaporizers, baths, application, or massage.

Respiratory

Soothing and warming; alleviates bronchitis and asthma. Used in inhalations, vaporizers, compresses, baths, application, or massage.

Circulatory

Calming; can help to lower high blood pressure. Used in inhalations, vaporizers, compresses, baths, application, or massage.

Digestive

Antispasmodic and soothing; helps to relieve constipation, indigestion, flatulence, and colic. Used in application or massage.

Muscular

Warming and analgesic; relieves muscular cramps, spasms, aches and pains, neuralgia, sprains, strains, rheumatism, and arthritis. Used in compresses, baths, application, or massage.

Gynaecological

Antispasmodic and a menstrual stimulant; effective for menstrual pain. Used in compresses, baths, application, or massage.

Caution: Avoid use during first five months of pregnancy.

Oils should be diluted before use.