

MARJORAM

Origanum marjorana

A comforting sedative

Source:	Egypt
Extraction:	Steam distillation of flowering stems.
Blending Factor:	3
Odour Note:	Base

Characteristics:

This oil is yellow liquid turning toward amber with age. Warm, woody, peppery/spice fragrance with slight camphor characteristics.

Safety Precautions:

Marjoram is nontoxic, non-irritating and non-sensitising. **Do not use during pregnancy.** The oil is strongly sedative in high concentrations. Use with care with people with low blood pressure.

History:

Native to the Mediterranean region and has been used since Ancient times for medicinal and culinary purposes in Egyptian, Greek and Middle Eastern cultures. It was employed widely in medicine, rituals, incense, perfumes and cooking. The herb is used in European traditional medicine as an antispasmodic and as an expectorant for the treatment of respiratory ailments.

Therapeutic Actions:

Analgesic, antispasmodic, antiviral, bactericidal, carminative, diaphoretic, diuretic, emmenagogue, expectorant, nervine, sedative, vulnerary.

Enhances:

Calming, comforting, warming, restoring, promotes clarity, determination, restful sleep, and balance.

Reduces:

Agitation, aggression, anger, insomnia, nervous tension, , painful menstruation, PMS and panic.

Uses:

Respiratory system: Bronchitis-acute, colds/coughs sinusitis

Nervous system: Insomnia

Musculoskeletal system: Menstrual cramp, muscle cramps, arthritis

Cardiovascular system: Hypertension

Skin: Athlete's foot, chilblains

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Blends well with:

Bergamot, Cedarwood, Chamomile, Cypress, Eucalyptus, Lavender, Mandarin, Orange, Peppermint, Rosemary, Rosewood, Tea Tree and Ylang Ylang

Peaceful Sleep		Menstrual Cramp Rub		Muscular Rub	
Marjoram	2	Marjoram	3	Marjoram	3
Lavender	3	Lavender	4	Lemongrass	2
Mandarin	2	Peppermint	2	Clary Sage	4
Total drops	8	Total drops	9	Total Drops	9
In Carrier	16 ml	In Carrier Oil	18 ml	Carrier	18 ml
Or Vaporiser					