



Rosemary

Latin names: Rosmarinus officinalis borneoniferum, Rosmarinus coronarium borneoniferum

French names: Romarin officinal à camphre, Romarin commun à bornéone, Romarin commun à camphre, Herbe aux troubadours, Herbe aux couronnes, Roumaniéou

Other English names: Official rosemary, Rosemary borneon

Extracted from: dried leaves



Memory, focus, attention... Perfect in offices or schools! One drop on a tissue and wave it before your nose from time to time; a healthy movement to boost your neurones!

Painful joints or numb muscles? Rub in one drop of Rosemary oil and one of Juniper oil in the morning and in the afternoon on those areas. (Also: Pepper and Patchouli oil)

Exit dull auras! Smooth yours with one drop of Rosemary oil in each hand and you will become more visible and more confident.

More than welcome with potato dishes! Gratin: one drop in the sauce (do not stir too much).

Rösti or grilled potatoes: one drop on the spatula.

Baked potatoes: one drop in sour cream with chives, salt and pepper.

Also any marinade and meat, fish or tofu dish.

The plant, its legends and its botany

Troubadours' grass, as it's called in French, is very beneficial for their health and makes them learn songs and tales by heart.

This majestic bush likes to spread up its branches. It expands a little first, and then rises up straight to heaven! And it can be big. So big that Ancient Greeks used to make lyres with its wood.

With leaves similar to those of conifers (thin, parallel-sided, highly aromatic, very hard), it can withstand conditions that are not always easy. In our gardens, it likes regular watering if it has been used young or if its roots are not able to spread very far and very deep. But in nature, it resists a while!

Its stems are square, its trunk has a bark which cracks and peels a little, showing its very yang energy and yet the

flowers are of delicate finesse. Nice light purple mixed with snow-white, they open throughout the season. In Europe, it is said that flowers were white until Mary laid her cloak over a rosemary tree in front of the barn. The purple cloak is said to have been rubbed on it. However, this is not the origin of its name. "Rosemary" comes from the Latin for "sea dew" and not in honour of its scent, and not from "Rose of Mary".

Rosemary can be seen and felt when you're near it. This majestic bush grows from all around the Mediterranean Sea to India; it is therefore not surprising that it makes one more visible. There are so many plants we know well and sometimes it is hard to recognise them, but Rosemary is strange: everyone recognises and remembers it.

It is part of the large family of aromatic herbs Lamiaceae. Among these, many herbs from the kitchen with very centrally, Rosemary. There are many recipes to invent with its essential oil which is essential in cookbooks with essential oils.

Used to regrow hair, increase visibility, improve concentration, but also for all kinds of rejuvenation creams (water of the Queen of Hungary, for example), this plant is now still one of the stars of our shampoos, soaps, cleaners and unobtrusive part of many perfumes.

Not only does its smell appeal to men, but it is also deemed to attract elves. Besides, bees love it and it gives a delicious sort of honey.

Energetic properties

Learning.

Memorising.

Focusing.

Analysing.

in short... supports any activity in which the brain is involved!

Brings presence and will.

Helps you to be tonic and awake.

Heals old memories and clears cellular memory.

Improves feelings of safety and security.

Helps to set self free from co-dependency.

Gives the ego self-assertion while keeping it in the right place.

Makes the aura shine.

Stimulates the third eye.

Attracts elves.

Chakras

3rd chakra

6th chakra

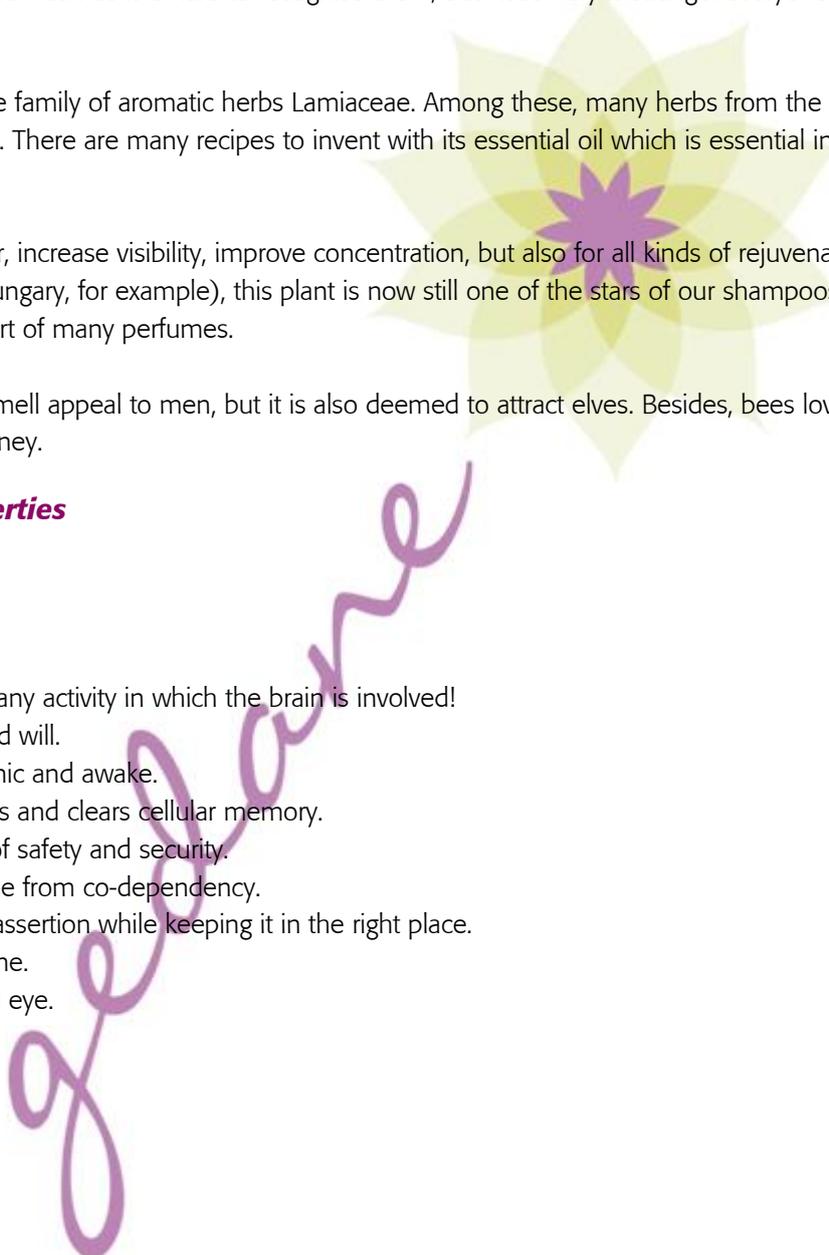
1st chakra

Doshas

Soothes and calms Pitta

Controls Kapha (by boosting it)

Softens Vata by utilising its mental capacities.



Elements

Fire and Air

Standard chemotype

Monoterpenes 35-40% (12-25% alpha-pinene, camphene 7-22%)

Oxides 9-30% (1,8-cineole 8.5 to 30%)

Monoterpene ketones 17-30% (16-30% borneon, verbenone from 0.3 to 2.5%)

(NB: camphor and borneon are synonymous.)

Monoterpene alcohols 7-8% (borneol, alpha-terpineol, linalool)

Furanocoumarins: none

Batch chromatography

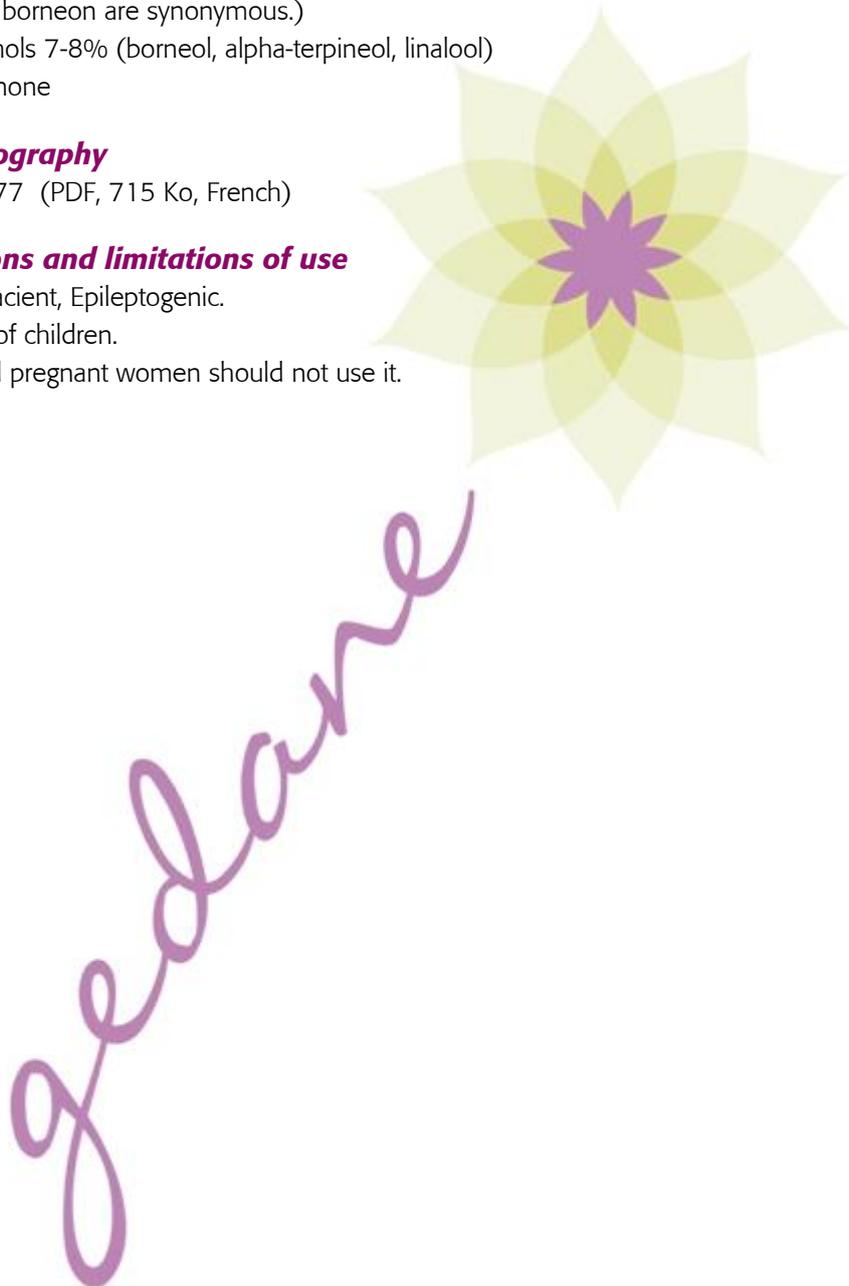
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Contraindications and limitations of use

Neurotoxic, Abortifacient, Epileptogenic.

Keep out of reach of children.

Young children and pregnant women should not use it.



The information on these page is only intended to provide trained professionals with suggestions on how to use our products. They are solely responsible for any advice they may give. It rests with them to consolidate their skills and to keep ut to date with the latest advances in aromatherapy. Also, trained professionals must know their patients' state of health well enough to propose an appropriate treatment accordingly. The total responsibility for interpretation and use of Gedane products lies with users and does not involve Gedane in any way.
Texts: external consultant Marc Ivo Böhning and Geraldine Viatte