



## MARJORAM

*Origanum marjorana*  
A comforting sedative

- Source:** Egypt
- Extraction:** Steam distillation of flowering stems.
- Characteristics:** Yellow liquid turning toward amber with age. Warm, woody, peppery/spice fragrance with slight camphor characteristics.
- Blending Factor:** 3      **Odour Note:** Base
- History:** Native to the Mediterranean region. 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.
- Safety Precautions:** 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.
- Therapeutic Actions:** Analgesic, antispasmodic, antiviral, bactericidal, carminative, diaphoretic, diuretic, emmenagogue, expectorant, nervine, sedative, vulnerary
- Actions:** Calming, comforting, warming, restoring, promotes clarity
- Enhances:** Calmness, balance, determination, restful sleep
- Reduces:** Agitation, aggression, anger, insomnia, nervous tension, PMS, painful menstruation, panic
- Uses:**  
 Nervous system:                      Insomnia  
 Musculoskeletal system:            Menstrual cramp, muscle cramps, arthritis  
 Cardiovascular system                Hypertension
- Methods for use:**  
**Massage**  
 Use up to 25 drops of Marjoram or a blend of complementary oils in 50ml of massage oil.  
**Aromatic Bath**  
 Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.  
 For extra skin softening effects 25 drops of essential oil or a blend of oils can be mixed into 50ml of base oil. Use 10ml of this oil each bath.  
**Vaporiser**  
 Place 8 to 10 drops of essential oil onto the top of your Tri Nature vaporiser dish.  
 If candle vaporisers are used, the oil should be added to water in the vaporiser pan.
- Blends well with:** Bergamot, cedarwood, chamomile, cypress, eucalyptus, rosemary, tea tree

Peaceful Sleep (3)		Menstrual cramp		Hypertension Rub	
Marjoram	3	Marjoram	3	Marjoram	2
Lavender	5	Clary Sage	4	Lavender	4
Clary Sage	3	Chamomile	2	Chamomile	1
Neroli	2	Pepper Mint	1	Ylang Ylang	3
In vaporiser		Carrier oil	20ml	Carrier oil	20

