

OIL PROFILE – ROSEMARY (ROSMARINUS OFFICINALIS CT VERBENONE)

Ronnie Allan MIGPP SMTO AC reg.

Rosemary is a shrub belonging to the Lamiaceae family. It has a warm aroma which fills all those who inhale it. On the same site you can often see pale-blue or pink flowers, sometimes even white, whereas the plants that grow along the coastline have much deeper blue flowers. Rosemary grows in sunny chalky soils that are very dry in summer. It has no problem surviving in the uncultivated hills of Provence, Spain, Corsica, Morocco, and Greece.

There are different chemotypes with radically different properties: in France, the chemotype is camphor (borneone), in Corsica, verbenone and in and Morocco, 1.8 cineole.

Rosemary C T verbenone is certainly the one that warrants the most attention, because of its powerful action on the liver.

Rosemary clears the mind of confusion and promotes mental clarity, it helps lift exhaustion.

MAIN PROPERTIES

Liver cell regenerator, hepatic draining***
 Major endocrine regulator***
 Anticatarrhal, mucolytic***
 Nervous and cardiac regulator ***
 Cicatrizing, skin regeneration ***

THERAPEUTIC INDICATIONS

Bronchitis, asthma, sinusitis, lung congestion***
 Dry, thick skin, wrinkles***
 Rosacea, acne, seborrhea, varicosities***
 Low blood pressure, heart palpitations***
 Hepatic and this vesicular congestion, cirrhosis, hepatitis***
 Nervous and mental asthenia, depression ***

SYNERGISTIC ESSENTIAL OILS

Inula graveolens (mucolytic)
 Origanum compactum (antibacterial)
 Thymus vulgaris ct (liver regenerator)
 Lavandula spica (cicatrizing)
 Cymbopogon martini (antiviral)
 Mentha x piperita (general stimulant)

Dr Vodder Manual Lymph Drainage

Level:	Basic
Date:	25 – 29 April
Venue:	Perth
Entry:	Massage therapist or HCP
Cost:	£370*
Level:	Therapy 1
Date:	23 – 27 May
Venue:	Perth
Entry:	Vodder Basic course certification
Cost:	£370*
Level:	Basic/Therapy 1 Review Class
Date:	23 & 24 April
Venue:	Perth
Cost:	£150*

* Reduction available to therapists who provide their own couch.

Teacher: Susan Chesney - accredited to teach by the Vodder Schule of Austria

For further information and booking details please contact the Course Co-ordinator, Lynora Kennedy on 01592 840699 or lynora.kennedy@btinternet.com

Therapy 2&3 (Advanced) Classes available in Austria, Canada, UK (Devon) and USA

Recipes:-

Digestive spasms	Immune Stimulation	Nervous breakdown
Rosemary off. ct verbenone 2 ml	Ravensara aromatica 3 ml	Lemon Verbena 1 ml
Tarragon 2 ml	Tea Tree 2 ml	Rosemary Verbenone 2 ml
Ylang Ylang 1 ml	Ajowan 0.5 ml	Petitgrain Orange (leaf) 2 ml
Lavandula super 1 ml	Rosemary Verbenone 4 ml	Bergamot 1 ml
Galtheria procumbens 0.5 ml	Hazelnut Oil 30 ml	Mandarin Zest 1 ml
Hazelnut oil 30 ml		Hazelnut Oil 30 ml
6 drops on abdomen and lower back, 3-5 times per day.	6-8 drops on chest and along both sides of the spine, 3-5 times per day.	4 drops on solar plexus and inside of wrists or soles of feet, or 10 drops along both sides of the spine.

NB Because of the high concentrations of these recipes, they should never be used as a general massage blend but only used in the small areas as stated above.

General Recipes for Massage:-

Muscular (rheumatic and muscular pain)	Digestive (indigestion, stomach pains)	Respiratory (colds and coughs)	Nervous system (mental fatigue, headaches, nervous exhaustion.)
Rosemary 7 drops	Rosemary 7 drops	Rosemary 6 drops	Rosemary 6 drops
Black Pepper 4 drops	Black Pepper 3 drops	Benzoin 3 drops	Basil 4 drops
Ginger 2 drops	Fennel 2 drops	Cajeput 3 drops	Lavender 2 drops
Walnut Oil 30 ml	Walnut Oil 30 ml	Walnut Oil 30 ml	Walnut Oil 30 ml

(The main source of information comes from the Natural Aromatherapy Research and Development Association.)