



*Rosmarinus officinalis*

Family: *Labiatae (Lamiaceae)* mint family

### Properties:

Antibacterial, antiseptic, antifungal, antioxidant, antispasmodic, astringent, carminative, cholagogue, emmenagogue, nervine, rubefacient, mild analgesic, mild stimulant

### Beauty and Personal Care:

- hair tonic
- stimulates circulation to scalp, encouraging hair growth
- helps with dandruff and itchy scalp
- can darken gray hairs in brunettes (use with sage for best results)
- improves skin tone
- use for oily to normal skin
- cell regeneration

### Medicinal Uses:

- brain tonic, improves concentration and memory (Rosemary is after all the "herb of remembrance")
- improves circulation, invigorating, energy booster
- headache and migraines
- canker sores, gum inflammation, mouth sores (gargle with tea)
- depression, uplifts the spirits
- arthritis, rheumatism, and joint damage
- digestive aid
- slows the growth of bacteria which makes it a great preservative and infection fighter
- aids cardiovascular system, poor circulation, low blood pressure, and anemia
- cold and flu



## Annie's Place

- respiratory and sinus congestion
- liver and gall bladder support
- muscle and nerve pain
- mild pain reliever
- menstrual pain, PMS
- bruising and varicose veins
- calming

### Methods of Use:

- fresh sprigs - put in baths, burn as incense, or lay on beds, under pillows, etc.
- baths
- steam and foot soak
- infusion (tea)
- hydrosol
- herbal honey
- tincture, glycerite, vinegar
- herbal infused oil
- salve, ointment, balm
- herbal sachet
- herbal sprinkle, capsule or pill
- cooking, marinating meat will slow spoilage, add to salads, rice, sauces, potatoes, any meat dish, pesto, etc.
- [essential oil](#)

### In the Garden:

- Loves rich, fertile soil in full sun.
- Propagate from root cuttings or purchase a transplant from the nursery and plant after the last frost.
- Rosemary can be a picky little thing so do not let the soil dry out or have too much moisture. Because it is native to the Mediterranean rosemary likes it hot yet moist, so it is a good idea to mist the leaves weekly.
- Cover with a thick layer of mulch in the fall to protect from freezing temperatures. You still may lose the plant if temps go below freezing.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.