Marjoram *(Thymus mastichira)*

Was known as the 'herb of happiness' to the Romans and 'joy of the mountains' to the Greeks. Most Valuable Uses: Muscle relaxant, muscular stiffness, bronchitis, colds, head congestion, constipation, internal cleansing, circulation, feeling cold, menstrual problems, tension, anxiety, general debility, sore throats, tension or circulation headaches, arthritis, asthma, high blood pressure, boils, bruises, burns, carbuncles, cramps, cuts, fungus and viral infections, insomnia, hysteria, migraine headaches, neuralgia, ringworm, shingles, shock, sprain, sunburns. It increases the tone of the parasympathetic nerves and augments intestinal peristalsis.

Ingredient In: LeAspire, LeBalance, LeMy-graine, LeSolitude, LeTenda Care, LeVitality, LeWarm Down, LeWomen Wise

Therapeutic Properties: Anti-spasmodic, arterial vasodilator, expectorant, digestive, analgesic, calming, sedative, antitussive, antiseptic, antibiotic, anti-infectious, diuretic, emmenagogue

Application: Apply to appropriate areas of the feet, on the feet, directly on areas of concern

Aromatic: Promotes restful sleep and feelings of calmness and self-control

Contra-indications: Mild caution during pregnancy

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