QUICK REFERENCE SHEET

MARJORAM

Majorana hortensis

Plant Family: Labiatae

Extraction Method: Steam Distilled

Part Utilized: Leaves

Region of Origin:

Hungary

AFFINITY FOR:

respiratory system, digestive system, cardiovascular system, reproductive areas, solar plexus chakra, governing vessel meridian, stomach and spleen meridians, yang energy

THERAPEUTIC PROPERTIES:

antispasmodic, arterial vasodilator, expectorant, digestive, analgesic, calming, sedative, antitussive, antiseptic, antibiotic, anti-infective, diuretic, emmenagogue

AROMATIC CONSIDERATIONS:

The aroma of Marjoram oil can warm the soul in times of grief, sorrow, or loneliness.

APPLICATION:

Dilute and apply to the feet or any area of the body.

CAUTIONS:

Marjoram should be used sparingly during pregnancy.

INGREDIENT IN:

LeAspire, LeBalance, LeMyGraine, LeSolitude, LeSweet Relief, LeTendaCare, LeVitality, LeWarmDown, LeWoman Wise

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Marjoram is quieting to obsessive worry where negative thoughts circle repetitively in the brain hour after hour. This type of obsessive worry is an indication of depleted or stressed earth energy.

Marjoram essential oil is also helpful for those who seem to love being in the center of some sort of drama all the time. This need for attention is a manifestation of an energetically depleted earth meridian with its "lack of something" perception. In this instance, the feeling of deprivation focuses on family or friends. We are sure that "no one cares" about us as they should. The aroma of Marjoram oil can eliminate feelings of loneliness or persecution, replacing them with feelings of security and even some compassion for others.

PHYSICAL ASPECTS:

Marjoram eases respiratory distress and infections such as bronchitis. It is often beneficial for spasmodic dry coughs. The analgesic properties of Marjoram make it an appropriate choice for muscle aches, sprains, strains, and arthritis. Marjoram essential oil helps bruising to clear and fade more quickly. Marjoram increases the dilation of blood vessels, lowers blood pressure, and eases heart palpitations. It can ease headaches that are caused by muscle tension or lack of circulation.

Marjoram oil increases the tone and effectiveness of parasympathetic nerves. One benefit of healthy parasympathetic nerves is an increase in the peristalsis in the colon. Marjoram regulates the menstrual cycle, relieves pain and cramping.

GENERAL INFORMATION:

Marjoram was known as the "herb of happiness" to the early Romans and "joy of the mountain" to the Greeks.

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