QUICK REFERENCE SHEET

MOUNTAIN SAVORY

Satureja montana

Plant Family: Labiatae

Extraction Method: Steam Distilled

Part Utilized: Stems, Leaves, Flowers

Region of Origin:

Italy

AFFINITY FOR:

digestive system, immune system, circulatory system, sacral chakra, solar plexus chakra, heart chakra

THERAPEUTIC PROPERTIES:

antibacterial, antifungal, anti-inflammatory, anti-infectious, antiviral, carminative, immune stimulant, tonic

AROMATIC CONSIDERATIONS:

Mountain Savory has a sharp, medicinal, herbaceous aroma and is not usually recommended for diffusing or aromatherapy use as a single oil. Mountain Savory, added to a blend, revitalizes and stimulates the nervous system, increasing energy and motivation.

APPLICATION:

Always dilute Mountain Savory with a carrier oil before applying to the body.

CAUTIONS:

This oil is considered by the very cautious to be unusually irritating to skin and mucous membranes. Mountain Savory, like other essential oils, should be used well diluted with a carrier oil.

INGREDIENT IN:

LeCandila, LeLife Force, LeMelaPlus, LeNoMore, LeSimplicity, LeVision

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Mountain Savory is said to have a harmonizing effect on the ego, allowing us to relinquish the need for control and helping us cope with hurt and disappointment. Spiritually, Mountain Savory may give us a little bit of help in "letting go and letting God" manage the flow of our lives and our relationships. The effects of Mountain Savory move from the root chakra up through the solar plexus and into the heart chakra, connecting us emotionally with the earth and with our spouse and family. This oil is also recommended for use in blends designed to help people overcome fears of intimacy and difficulty with male/female relationships.

PHYSICAL ASPECTS:

Mountain Savory rates very highly as an antioxidant. Antioxidants are said to reduce the risk of age related conditions, inhibit the growth of microbes, and—possibly—reduce cancer risks. Mountain Savory also rates very highly when tested against a wide variety of microbes, including fungal, bacterial, and viral strains. This oil should be considered for use with abscesses, athlete's foot, colds, coughs, gingivitis, and any type of infection. Mountain Savory is also considered to be an immune stimulant.

Mountain Savory is a good choice when a circulatory stimulant or warming oil is needed. Though not often used alone for this purpose Mountain Savory, added to an essential oil blend, is useful for arthritis, muscle soreness, bruising, and scarring of body tissues. Mountain Savory is sometimes used for insect bites and bee stings. Mountain Savory, as an herbal preparation, has been used as a digestive remedy for diarrhea and colic since ancient times.

GENERAL INFORMATION:

Mountain Savory is sometimes called winter savory.

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