

# ROSEMARY

Salvia rosmarinus



## Areas of application

- Promotes blood circulation
- Poor circulation
- Helps improve concentration and performance
- Rheumatic complaints
- Cold
- Migraines, headaches
- Menstrual cramps
- Nervousness

## Family

(Lamiaceae)

## Based in

Native to the Mediterranean region, cultivated worldwide

## Plant parts used

Branches with leaves

## Ingredients

Essential oil containing 1,8-cineole, camphor, terpineol and alpha-pinene, tannins such as rosmarinic acid, diterpene phenols such as rosmanol, as well as flavonoids, resins and bitter compounds

## Usage/Indications

Rosemary (*Rosmarinus officinalis*) is a medicinal plant belonging to the Lamiaceae family and is native to the Mediterranean region. In herbal medicine, it is primarily the leaves that are used, as they are rich in essential oils, bitter compounds and tannins. These constituents have a stimulating effect, promote blood circulation and strengthen the body.

In phytotherapy, Rosemary is used both internally and externally. Due to its circulation-boosting properties, it is frequently used to treat poor circulation. Furthermore, Rosemary can aid concentration and help improve performance, as it has a mildly stimulating effect on the nervous system.

Externally, Rosemary is often used in the form of rubs, oils or baths, particularly for rheumatic complaints and muscle tension. Thanks to its warming and circulation-boosting effects, it can also provide relief for colds.

Other areas of application include migraines and headaches, menstrual cramps and nervousness. Rosemary is traditionally used to support general well-being and strengthen the body.

## Side effects/Contraindications

In normal quantities, the plant is considered to be well tolerated; however, high doses should be used with caution.

## Good to know



Rosemary was once considered a plant that aids memory. In ancient Greece, students wore sprigs of rosemary in their hair because they believed the scent improved their concentration and memory. Modern studies do indeed show that certain compounds in rosemary essential oil can boost mental performance and alertness in the short term. That is why the scent of rosemary is sometimes used in study or work environments today.

## BIBLIOGRAPHY

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