

By Penny Keay

## Marjoram - *Origanum marjorana*



Country of Origin: France, Egypt, Spain, Morocco, and other Mediterranean countries

Processed - Steam distilled

Part used – Flowering tops, leafs, stem

Smell - warm, penetrating, slight peppery, nutmeg-mint mix, bitter to some, light camphor aroma.

Grown - Cultivated

Note - middle note

## PROPERTIES & USES:

### Traditional - Therapeutic:

Analgesic, anti-septic, Anti-bacterial, anti-fungal, anti-spasmodic, calmative, disinfectant, gastrointestinal disorders – i.e. abdominal spasms, expectorant, hypotensive, sedative, stomachic, tonic, insomnia, muscular spasms, muscle relaxant, muscle pain, body stiffness.

### Medical:

Skin/ Hair Care: minor cuts, abrasions and bruises,

Respiratory: bronchitis, cough, respiratory infections, sinusitis

Muscular/skeletal: Arthritis, bruises, muscle spasm, sprains,

Cardiovascular: hypertension,

Immune: Upper respiratory infections, colds, influenza,

Digestive: gastritis, hyperactivity (irritable bowel syndrome)

Nervous/brain: PMS tension, vertigo, calming, sedative, fatigue, insomnia,

### Industry & Household uses:

used as a seasoning in spice compounds, meat, sauces, canned food, vinegars, used in soft drinks and alcohol. Fragrance in soaps and perfumes.

### BLENDS with:

Basil, Bergamot, Black Pepper, Cardamom, Cedarwood, Chamomile, Clary sage, Cypress, Eucalyptus, Frankincense, Geranium, Grapefruit, Juniper berry, Lavandin, Lavender, Lemon, Lime, Sweet orange, Peppermint, Rosemary, Sandalwood, Spearmint, Spikenard, Thyme, Valerian, Vetiver.

**CAUTIONS:** \*Keep out of reach of children.\*

## BLENDS TO TRY

### CALMING SPRAY MIST

Marjoram - 30 drops

Cajeput - 30 drops

Lavender - 30 drops

Petitgrain - 30 drops

Vetiver - 30 drops

Emulsifier 1 - 2 Teaspoons

Distilled Water - 4 ounces

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Blend the essential oils with the emulsifier until well blended. Then add to the distilled water. Shake well and spray in the room. Shake well before each use. Refrigerate and toss unused spray after 3 weeks (due to no preservative).

This also works on overactive kids.

Spray in evening and before bed to help them sleep.

## For SWEET DREAMS

Put a couple of drops of Sweet Marjoram and Lavender in a small amount of unscented soap, then add to a warm Bath and enjoy!

## A SLEEP MASSAGE OIL

Spruce Needle - 4 drops

Marjoram - 4 drops

Melissa - 4 drops

Allspice - 3 drops

Carrier oil - 15 ml

Mix all ingredients and use to massage.

Nighty Night!!

## To Soothe Aching Muscles

Peppermint - 4 drops

Thyme - 4 drops

Lavender - 4 drops

Marjoram - 3 drops

Carrier oil - 1 ounce

Mix the essential oils first then add to the carrier oil. Massage to affected areas.

## Massage Blend for Facial Pain

Helichrysum – 20 drops

Lavender – 8 drops

Peppermint – 6 drops

Rosemary – 4 drops

Sweet Marjoram – 2 drops

Jojoba – 2 ounces

Blend all in a PET plastic bottle. Then using only a few drops – just enough to cover the affected area massage lightly.

This blend may be very helpful for those suffering from Bell's Palsy.

## Bursitis Blend

Helichrysum – 6 drops

German Chamomile – 6 drops

Sweet Marjoram – 4 drops

Sweet Birch – 4 drops

Lavender – 4 drops

Ginger – 4 drops

Juniper berry – 4 drops

Your choice of carrier oil or lotion 2 ounces

Blend the essential oils together in a Glass bottle or Beaker. Then add to your oil, lotion or cream. Blend or stir well. Apply as needed to the affected joint.