

Benefits of Rosemary Essential Oil

Benefits of Rosemary Essential Oil include boosting mental focus and concentration, stimulates hair growth, relieves pain, manages stress, improves circulation, boosts immune system, reduces joint inflammation and relieves congestion and stuffiness.

Rosemary (*Rosmarinus officinalis*) is an evergreen related to the mint family (*Labiatae*) which includes peppermint, spearmint, lavender, basil, thyme, and catnip. Rosemary is found originally in the Mediterranean, especially in Morocco and Algeria in northern Africa.

Rosemary is used in the food industry as a seasoning, the cosmetic industry, and in the pharmaceutical industry. It is one of the most popular plants for its aromatic and medical uses.

Rosemary essential oil is typically extracted by steam distillation from the sharp leaves and flowering tops of the shrub. The benefits of rosemary essential oil come from over 30 organic compounds which are responsible for its properties.

In an article ([Extraction of rosemary essential oil by steam distillation and hydrodistillation](#)) in *Flavour and Fragrance Journal* describes the making of rosemary essential oil and the analysis of the organic compounds present in the oil. The major compounds (with greater than 1% presence) found in the steam-distilled oil include:

- [1,8-Cineol \(eucalyptol\)](#) (52.4%)
- Camphor (12.6%)
- β -Pinene (5.7%)
- α -Pinene (5.2%)
- β -Caryophyllene (4.2%)

- Borneo (3.4%)
- Camphene (3.0%)
- p-Cymene (2.2%)
- α -Terpineol (2.1%)
- Myrcene (1.7%)
- Bornyl acetate (1.1%)
- Linalol (1.1%)

Cautions

People with epilepsy, hypertension, and women who are pregnant should avoid rosemary essential oil. Because it is stimulating, do not use before going to bed.

Benefits of Rosemary Essential Oil

The following video describes many of the health benefits of rosemary essential oil.

What is Rosemary Good For? Rosemary health benefits

“There’s rosemary, that’s for remembrance: pray, love, remember.”

This line from Hamlet shows that Shakespeare, the famous writer, knew the great uses of rosemary.

Long after Shakespeare’s time, different studies have also shown many ways rosemary is good for your health, whether it is used fresh, dried, or as an oil.

Rosemary has strong antioxidants, can kill germs, block cancer, bring down swelling, and fight infections.

It also has some vitamins and minerals, like vitamins A and C, thiamin, riboflavin, folate, iron, magnesium, phosphorus, zinc and copper. The woody, citrus-like smell of rosemary essential oil is also found in beauty products and used in aromatherapy.

Besides its health and beauty uses, rosemary is also used as a cooking herb by many people. Fresh or dried rosemary can be added to soups, sandwiches, salads, dips, and even be used for making infused oil. Also, rosemary tea is a well-liked drink.

Here are some ways rosemary can be good for your health.

Benefits of Rosemary Essential Oil for the Brain and Mental Health

1. Boosts Memory

Rosemary works as a cognitive stimulant, helpful for boosting memory and mental focus. It is even good at raising brain-wave activities and guarding against neurodegenerative conditions like Alzheimer's disease.

2. Fights Stress and Anxiety

The sweet smell of rosemary is helpful for clearing your mind and easing stress. Its calming nature even helps soothe tense muscles.

3. Alleviates Headaches

Rosemary dulls pain and brings down swelling, so it can soothe headaches. It can even help ease the pain and strength of migraines.

Benefits of Rosemary Essential Oil for Hair

4. Stimulates Hair Growth

This wonderful herb also helps hair growth. It boosts blood circulation to the scalp, which lets more nutrients reach the hair follicles.

Benefits of Rosemary Essential Oil as an Anti-inflammatory

5. Reduces Inflammation

Rosemary is helpful for easing pain and swelling.

It helps soothe arthritis pain, sciatic nerve pain, gout pain, back pain, and stiff neck. Because it stops spasms, this herb also helps ease menstrual pains.

Benefits of Rosemary Essential Oil for the Immune System

6. Strengthens the Immune System

Rosemary gives you a powerful shield against different diseases and germs that may harm your immune system.

7. Treats Respiratory Problems

You can also use this herb to treat respiratory infections like cold and flu, sinus infection, and bronchial asthma. This is because rosemary is soothing, kills bacteria, and stops spasms. It also helps lessen bad breath.

Benefits of Rosemary Essential Oil for Digestion

8. Improves Digestion

Rosemary is great for your stomach because it controls how much bile is let out, and fights germs from food. It also boosts the appetite, treats indigestion, and eases gas buildups, bloating, and constipation.

Benefits of Rosemary Essential Oil to Manage Blood Sugar

9. Prevents High Blood Sugar

Diabetic people can use rosemary oil to control their blood sugar levels. Rosemary extracts can lower glucose and cholesterol levels, which helps control Type 2 diabetes and other metabolic conditions.

When taking this herb to help with diabetes, make sure you

keep checking your blood sugar levels. Also, keep taking your regular medicines as your doctor tells you.

Extra tips:

Don't use rosemary essential oil during pregnancy, or if you have epilepsy, hypertension, or bleeding disorders.

Before using rosemary oil on the skin, test it on a little part of the skin to make sure you're not allergic to it.

Do not eat a lot of rosemary.

Source(s):

<https://www.mnn.com/health/fitness-well-being/stories/8-health-benefits-rosemary>

[16 Proven Benefits of Rosemary Oil](#)

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