



ELSHADDAI HERBAL FOUNDATION

No.1,Bharathiyar street, Gandhinagar,Avadi,Chennai-600054
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Marketed by:

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ROSEMARY

HEALTH BENEFITS

- 🔥 Rosemary, also known as *Rosmarinus Officinalis*, is very popular in the Mediterranean region as a culinary herb. Many dishes are cooked with rosemary oil and freshly plucked rosemary leaves. Rosemary essential oil is mostly extracted from the leaves. The rosemary bush belongs to the mint family which includes basil, lavender, myrtle, and sage.
- 🔥 The health benefits of rosemary essential oil made it a favorite of Paracelsus, a renowned German-Swiss physician and botanist, who made significant contributions to the understanding of herbal medicine during the 16th century. Paracelsus valued rosemary oil due because of its ability to strengthen the entire body. He correctly believed that rosemary oil had the ability to heal delicate organs such as the liver, brain, and heart.



ROSEMARY - GROWING CONDITIONS

🔥 SOIL

Rosemary prefers Mediterranean type of climate with low humidity warm winter and mild summer for its successful growth. However places where frost occurs frequently, should be avoided as the plant is susceptible to it. The climates of Nilgiris and Bangalore in India are found to be suitable for its cultivation.

🔥 CLIMATE

It is a very hardy plant and found growing on the rocky terrain in the temperate parts of the world. In India , the plant comes up well on light loamy soils of Nilgiris and sandy loam soils of Bangalore . The crop requires a soil pH ranging from 6.5-7.0 for its successful growth.

BOTANICAL NAME

ROSMARINUS OFFICINALIS

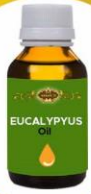
FAMILY NAME

LAMIACEAE

COMMERCIAL PART

LEAF

EUCALYPTUS OIL



NILGIRIS OIL FOR COLD, COUGH, HEAD-ACHE

It is a power oil when dealing with viruses of the respiratory system. It is used for common cold, cough, head-ache etc. It is anti septic & deodorant, when used with hot water & inhaled, it relieves decongestion 2-3 drops of this oil when internally with the tea-spoonful of sugar, relieves chronic spray, diffuser, massage, inhalation sauna and bath.

WINTERGREEN OIL



GAULTHERIA OIL FOR JOINT PAINS

An excellent oil, used externally for joint pains, Arthritis, strains rheumatic and muscular pains. It can be applied directly or mixed with coconut oil for people with sensitive skin.

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LEMON GRASS OIL



TEA OIL FOR GASTRIC

A small drop of this oil taken internally with hot tea, relieves gastritis and high fever. It has a lemon flavor. It is also used as a mosquito repellent used with floor wash liquid (Phenyl) Uplifting and refreshing aroma good for tired sweaty feet or as a rinse for greasy hair. In traditional Indian medicine, this oil has a long history of use against infections illnesses and fevers.

CAMPBOR OIL



CHEST PAINS & ASTHMA

Two teaspoons I mixed with 25 grams of warm coconut oil externally relieves muscular pains, inflammation of joints, effective used as a VapoRub in chest cold and cough. An accepted remedy for asthma.

CITRIODORA OIL



HAIR OIL FOR STOP HAIR FALL

This oil stops premature falling and graying of hair. It prevents and cures dandruff and helps to keep the scalp cool. This oil has to be used with coconut oil in the ratio 1:10e gives a good aroma, when used in a diffuser. Used in floor wash too.

TEA-TREES OIL



WHOOPIING COUGH, VAGINITIS, FEVER, FLUE

An all-rounder oil, active against all three varieties of infectious organisms, bacteria, fungi & virus. May help in acne, blisters, burns, cold, dandruff, herpes, insect bites, rashes, warts, wounds, whooping cough, vaginitis, fever, flu etc. Tea tree oil may be beneficial for respiratory and infectious diseases and may aid in healing wounds and Candida. It is very powerful immune-stimulant. A must have oil.

GERANIUM OIL



NILGIRIS ATTAR PURE EXTRACT FREE FROM ALCOHOL

It is a natural perfume, 2-3 drops can be taken internally with warm water as mouthwash for bleeding gums, diarrhea, Dysentery & for gastric ulcer with vomiting. This oil has used for centuries for skin care, its strength lies, in the ability to regenerate tissue and Nevers and assist in balancing hormonal problems. Geranium is able to relax the mind, calm agitation and ease frustration and irritability. Used for skin disorders (dry/eczema). Herpes, Lymphatic decongestant (specially Memory glands) vaginal /uterine tonic (as douche), plague, fungus, skin care, acne, humanoids and anxiety and massage, body cadre, bath and perfume. It is anti-spasmodic, anti-inflammatory, anti-infections, antibacterial & anti-fungal.



CLOVE OIL



TOOTH ACHE

Two teaspoons I mixed with 25 grams of warm coconut oil externally relives muscular pains, inflammation of joints, effective used as a VapoRub in chest cold and cough. An accepted remedy for asthma.

LAVENDER OIL



**ALLERGIES, BURNS
INFLAMMATIONS**

Essential oil by steam distillation of fresh flowering tops. A universal oil, well known, may help in allergies, burns inflammations, good for all skin types, pains aches, infections abdominal cramps, nervous tensions, insomnia, depression stress related conditions. PMS etc. A few drops in the rinse cycle give laundry a very nice fresh scent. Cotton balls treated with lavender oil make an effective moth repellent, either in the closed or between clothes in a drawer, lavender will also repel cockroaches.

ROSEMARY OIL



**HAIR CARE, SKINCARE,
PAINS**

Essential oil by steam distillation from the fresh flowering tops. Use in bath, body care, massage, diffuser, perfume, inhalation. Might be useful in hair care, skincare, pains, palpitations, poor circulations, hypertensions, mental fatigue etc.

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BASIL OIL



**COUGHS, EARACHE,
SINUSITIS, COLDS**

Essential oil by steam distillation of fresh flowering herb. Might help in insect bites coughs, earache, sinusitis, scanty periods, colds, infections disease etc. It considered as an invigorating oil, excellent choice to diffuse in the morning.

THYME OIL



**MUSCULAR PAINS,
INSOMNIA,
INFECTIONS DISEASES**

Essential oil by steam distillation or water distillation from the fresh or partially dried leaf & flowering tops. May help in muscular pains, insects, bites, dermatitis, cellulite, tonsillitis, infections diseases, insomnia etc. The aroma of the thyme is very strong and powerful. Simply inhaling this highly anti-bacterial pure essential oil boosts the immune systems.

CYPRESS OIL



**INSECT REPELLANT,
VARICOSE VEINS**

Essential oil by steam distillation from the leaves & twigs, occasionally from cones. May help on oily & over hydrated skin, excessive perspiration, insect repellent, varicose veins, cellulite, muscular cramps, promotes circulation when used in massage blend.

CLARRY SAGE OIL



SALVIA SCLAREA

Essential oil by steam distillation from flowering tops & herbs:

May help skin care, high blood pressure, pains and aches, throat infections, cramp. Labor pains depression etc. Excellent oil to diffuse. Safety data: Non-Toxic, nonirritant & non-sensitizing avoid during pregnancy. Do not use this oil while drinking alcohol as it can induce a narcotic effect and exaggerate drunkenness.

PEPPERMINT OIL



**TOOTHACHE,
PALPITATION,
MUSCULAR PAINS**

Essential oil by steam distillation from the flowering tops. It has a clear & penetrative odor. It may help in dermatitis, scabbles, burns, toothache, palpitation, muscular pains, bronchitis, cold, clue, flue, migraines etc. Peppermint might help simulate and counter insomnia, shock & mental fogginess. Its nature is energetic.



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