

MAJORAM, SWEET

Origanum majorana

Aromatic molecules :terpinene 1,4-ol, monoterpenol

Distilled organ :flowering top

Native to North Africa, this scented perennial plant has dark green oval leaves and small white flowers. When crushed, the leaves release a sweet, spicy powerful aroma appreciated by all. Sweet marjoram provides a precious essential oil for all ailments whose nervous origin is clearly established. In these situations, it remains an indispensable product because it re-establishes the patient's terrain by balancing any nervous deviations.

Traditionally known for its properties

powerful antibacterial • fungicide • antispasmodic • important tranquillizer and sedative.

Professional advice

- external : 3 drops CTEO + 5 drops apricot kernel or hazelnut oil on the plantar arch, inner side of the wrists, solar plexus (repeat as needed) and applied locally for all other indications.

++++ Highly recommended - (!) Use with caution

Oral use	Use on skin	Air diffusion
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Useful information

not recommended for pregnant women, ski irritation (dermocaustic) possible if used pure.

Traditional indications

- bronchitis, sinusitis, rhinopharyngitis +++
- all types of neuro-vegetative dystonias ++++ (respiratory: dyspnoea, spasmodic cough; cardiovascular: hypertension, palpitations, extrasystoles; digestive: aerophagia, dyspepsia, flatulence, gastritis; sexual: obsession, erythrim; nervous: hyperkinesis, stress, severe anxiety, depression, vertigo, irritability, agitation)
- muscle cramps and contractures +++
- lumbago, sciatica, rheumatism +++

Special precautions

- keep out of reach of young children
- does not replace a balanced diet and a healthy lifestyle
- do not exceed the recommended dose
- unless medical or pharmaceutical advice, not to use during the pregnancy and breast feeding and in the child of less than 3 years
- keep out of heat and light

PRANARŌM 
aromatherapy

Aromatherapy and information about it should never be used to replace a doctor's visit.