



1. Helps with fatigue
2. May relieve stress and anxiety
3. Studies have shown it can improve brain function
4. May assist in relieving pain
5. Can stimulate hair growth and help hair become healthier
6. May improve circulation
7. May repel certain insects
8. May reduce joint inflammation
9. May fight cancer
10. Can increase effectiveness of antibiotics and reduce side effects
11. May prevent food poisoning
12. May help antibiotics against resistant bacteria
13. May improve liver and digestive health



- Add 2-3 drops to a glass of water to help liver and digestive health
- Add a few drops to your shampoo or conditioner or massage directly into scalp for hair health
- Make a healthy DIY bug spray: Mix 10 to 20 drops of Rosemary oil per ounce or two of carrier oil or liquid in a spray bottle. (Consider, witch hazel, olive oil, coconut oil or distilled water) You can add other mosquito-repelling oils such as lemongrass, if you'd like. Spray on skin and keep those buggers away!
- Rub into stiff and sore joints to help with inflammation and pain