

# Yarra Valley Body Balms

## HEALING QUALITIES OF ROSEMARY – *Rosmarinus Officinalis*

The camphor content within Rosemary makes this garden herb highly beneficial for alleviating muscular and joint complaints. Rosemary works wonderfully in massage oils & balms, as its analgesic and warming action helps to increase circulation, relieve fluid retention & inflammation, and stimulate the nervous system.

### Rosemary - Key Benefits:

- Smells amazing
- Perfect for balms, oils and tinctures.
- Excellent for use in household cleaning products
- May help alleviate dandruff & encourage hair growth
- Fights bacteria & viruses
- Can assist in the improvement of memory function
- May improve clarity, alertness & brain fog
- Helps reduce inflammation
- Soothing for sore joints & muscles

### Rosemary - General Uses:

Fragrance, Household Cleaning, Massage, Meditation & Yoga, Hair Care.

### Rosemary Blends Well With:

Basil, Cedarwood, Cinnamon, Citronella, Frankincense, Lavender, and Bush Mint.

### Various Ways to Use Rosemary:

- **Water Infusion:** To experience the aromatic benefits of Rosemary, soak herbs in hot water. The infusion is the origin of the 'potion' and is simple to effect. The resultant liquid, once drained, may be used as an herbal tea drink or as a body wash.
- **Shampoo:** Add a splash of Rosemary infusion to your shampoo bottle (and mix well) to help stimulate hair growth and reduce dandruff.
- **Foot Spa:** To relieve swollen and sore feet, add a splash of Rosemary infusion or several sprigs of natural Rosemary to a pool of warm water before soaking your feet.