



Rosemary has been extensively used since ancient times for a variety of purposes such as wedding ceremonies, food preparation, cosmetic and medicinal herbal care.

It was discovered that rosemary oil had the ability to heal delicate organs such as the liver, brain, and heart.

Rosemary oil is effective for mental fatigue, circulation problems, pain relief for the muscular system and it is respiratory tract decongestant as well as a skin and hair booster. For more information on rosemary oil and hair loss please check out the following link:

www.hairlossrevolution.com/rosemary-oil

Rosemary oil

Wholly derived from *rosmarinus officinalis* (also known as *Rosmarinus coronarium*),

Rosemary essential oil is extracted through the process of steam distillation of flowering fresh leaves.

The main constituents are : bornyl acetate, α -pinene and camphor.





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Rosemary oil can be used in:

Burners and vaporizers:(1-3 drops) in vapor therapy, rosemary oil can be helpful in cases of congestion, alcohol over-indulgence, overwork, sinusitis and mental and physical tiredness. It furthermore stimulates the brain, improves memory and promotes clear thinking.

Blended massage oil or in the bath: as a blended massage oil (0.5%-2%) or diluted in the bath (10-15drops/full bath) , rosemary oil can help in cases of liver and gall problems, mucus congestion, muscular aches, cramps, pains and spasms, stiff neck, overwork, rheumatism, arthritis, colds, constipation, diarrhea, coughs, bronchitis, back pain, scalp disorders, sinusitis, mental fatigue and physical tiredness.

Cream or lotion:(2%) in a cream or lotion it is most beneficial for improving blood circulation and decongesting the skin.

Shampoo:(10-20drops/100ml)when added to shampoo it not only increases the circulation to the scalp and thereby improving hair growth, but also acts as a general conditioner and tonic for the hair and scalp.