



ROSEMARY (ROSMARINUS OFFICINALIS)

The Herb of Clarity, Circulation & Scalp Health”

Rosemary is more than just a fragrant herb—it is a botanical tonic for the body, mind, and hair. Used for centuries to awaken mental clarity, energize the body, and stimulate circulation, rosemary brings a lively sharpness to our oil-based formulas. It is especially effective in blends designed for scalp health, focus, and morning revitalization.

When infused into oils and natural mists, rosemary stimulates blood flow, enhances concentration, and promotes a clearer mental state. Its compounds—like 1,8-cineole and carnosic acid—have been studied for their ability to improve cognitive function and protect against oxidative damage.

On the scalp, rosemary oil supports follicle health by increasing circulation, reducing buildup, and gently addressing dandruff or dryness. It’s a favorite in our hair oils and loc sprays for its ability to naturally stimulate growth and reduce shedding without harsh chemicals.

Topical & Aromatic Benefits:

- Promotes focus, alertness, and clarity
- Stimulates scalp circulation for healthier hair
- Provides antioxidant protection and mild antimicrobial action
- Energizes the body during massages or morning rituals

Why We Use It:

- Boosts clarity and uplifts mood
- Encourages scalp circulation for healthy hair
- Naturally energizing for morning or midday refresh

Botanical Wisdom: Rosemary essential oil may enhance cognitive performance and improve alertness (Moss et al., 2012), and its antioxidant content supports skin and scalp health (Lo et al., 2010).

Did You Know?

A study by Moss et al. (2012) showed that rosemary’s aroma significantly improved memory and alertness in healthy adults. It also contains antioxidants that may protect skin cells from aging and environmental damage (Lo et al., 2010).

