


# ROSEMARY


SALVIA ROSMARINUS



Plant Profile

ROSMARINUS OFFICIALIS

# ROSEMARY



ASTRAL: Leo

ELEMENT: Fire, Air

PLANET: Sun (sometimes Moon)

**SYMBOLISM:** Protection, Remembrance, Love, Fidelity, Restoration, Independence, Purity, Feminine Leadership, Clarity, Lust, Psychic Awareness, Healing

**Family:** Lamiaceae

**Genus:** Salvia

**Species:** S. Rosmarinus

Rosemary is linked to the goddess of memory and the god/goddess of love. At the sanctuary located nearby the said-birthplace of the deity of love, rosemary was burnt and made into oil to honor the goddess. This may be where rosemary found it’s roots in the realm of erotic love. In the middle ages, the belief rosemary could bring love was so ingrained that young people would tap each other with rosemary twigs with open blossoms. It was believed that, by doing so, they would fall in love.

At the Sanctuary of Aphrodite, pre-roman effigies were made to the fertility deity in the form of rosemary incense and oil. So much so, that the name became synonymous with the Greek word for ‘flower’ and ‘incense’. Symbolically, the herb was historically associated with love and remembrance of the sanctity of the entire cycle of life—from birth until death.

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**Biological Activities:** Antioxidant, anti-aging, antiseptic, antimicrobial, anti-inflammatory, antiviral, anticancer, antispasmodic, antiparasitic, boosts immune system, detoxifier, hepatoprotective (prevents liver damage), antifungal, carminative, antimutagenic, diuretic, antirheumatic, antiulcerogenic, antithrombotic

**Promotes:** hair growth, digestion, memory, blood flow to the brain, a favorable mood (thymoleptic), warmth, wound healing  
**Stimulates:** Circulatory system, cognition, nervous system, increased secretion of bile from liver (choleretic, cholagogue)

**Reduces/Relieves:** pain (analgesic), tension, anxiety, depression, migraines, urinary tract infections, Menstrual cramps, symptoms of herpes, eczema, gout, intestinal worms, respiratory infections, toothaches, exhaustion, jaundice, flatulence(carminative), bad breath, fatigue, hair-loss, hypo/hypertension, stress, menstrual cramps  
**Decreases:** Cortisol Levels, blood pressure, cellulite  
**Tones:** Nervous system, skin (prevents wrinkles)

Another effective relief that rosemary provides is its antiviral properties for herpes. Scientists at the University of Sao Paulo discovered the antioxidants in rosemary spice were enough to inhibit the onset and severity of the HSV-1 Virus by 85-86%.

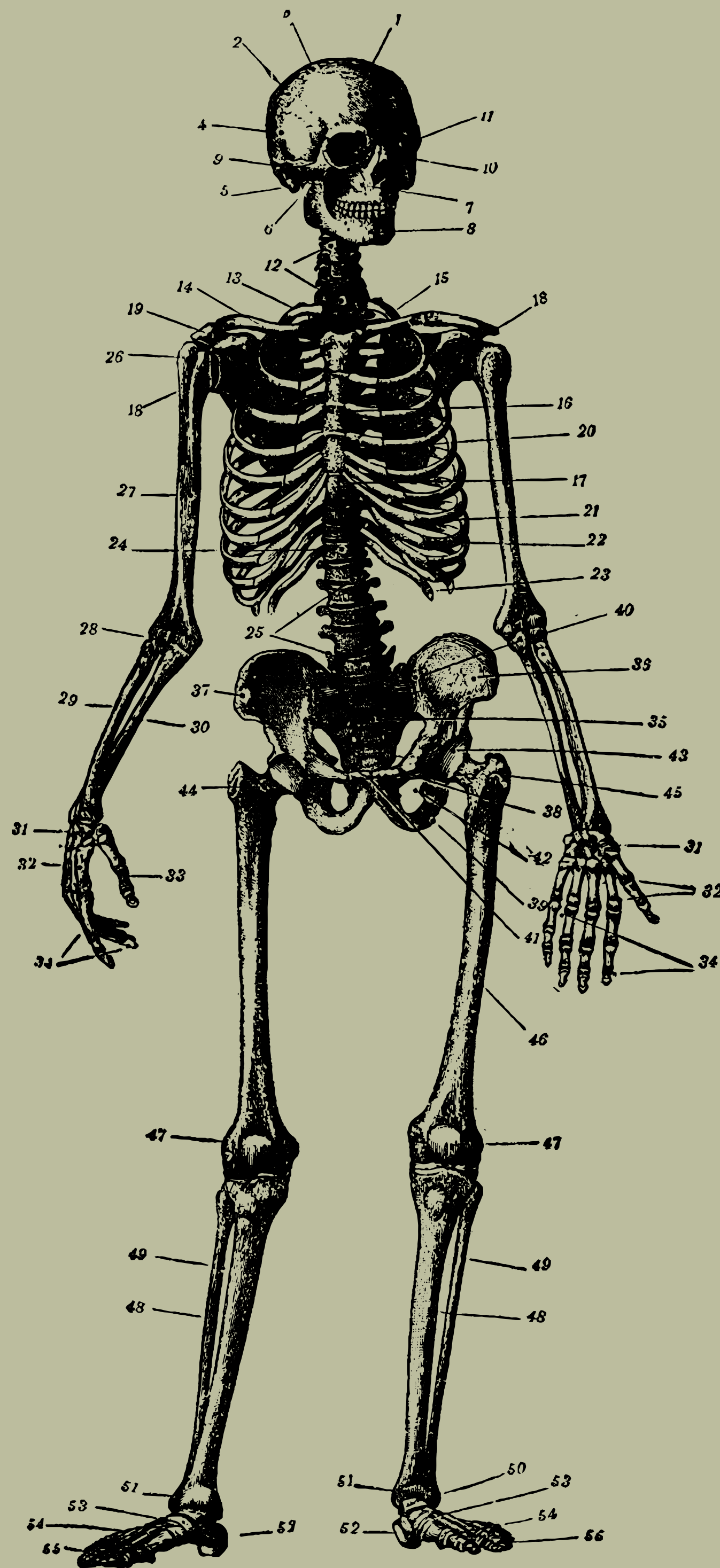
NOTE: ROSEMARY CAN INCREASE THE RISK OF BLEEDING AND SHOULD BE AVOIDED WHILE PREGNANT. ALSO, NONE OF THE ADVICE ON POST OR ON THE WEBSITE IS INTENDED TO REPLACE A DOCTOR'S OPINION.



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ROSEMARY PROVIDES THE REDUCTION IN INFLAMMATION IN THE CARDIOVASCULAR SYSTEM, WHICH CAN HELP TO BOOST HEART HEALTH. IN ADDITION TO BEING A SYMBOLIC HERB OF THE HEART, IT IS ALSO ONE THAT PROTECTS THE HEART BY ENHANCING BLOOD CIRCULATION AND WORKS AGAINST CHOLESTEROL, AS WELL AS BEING A CARDIOTONIC, ANTIHYPERTENSIVE, AND BLOOD PURIFIER. IN MEXICO, IT WAS USED TO CURE LITERAL HEARTACHE.

THE HERB HAS THE ABILITY TO REGULATE MENSTRUATION FOR WOMEN WHO HAVE THEIR PERIOD DELAYED OR TOO HEAVY IN ADDITION, THE UNIVERSITY OF MARYLAND FOUND A STUDY SHOWING THAT ROSEMARY, INDEPENDENTLY AND WITH CURCUMIN, HELPED PREVENT BREAST CANCER. OTHER FEMALE FRIENDLY USES OF THE PLANT INCLUDE BEING USED "... FOR RETAINING PLACENTA, AS A POSTPARTUM REMEDY, AGAINST VAGINAL INFECTIONS, AND TO ENHANCE FERTILITY," ACCORDING TO THE JOURNAL OF ETHNOPHARMACOLOGY.



INHALATION OF THE ESSENTIAL OIL AFFECTS THE PERCEPTION OF PAIN THAT A PATIENT MAY FEEL. EXTERNAL USE OF ROSEMARY OIL CAN EASE THE PAIN OF RHEUMATISM AND GOUT, ESPECIALLY IN THE WINTER, IF SYMPTOMS ARE WORSENERD BY COLD WEATHER.

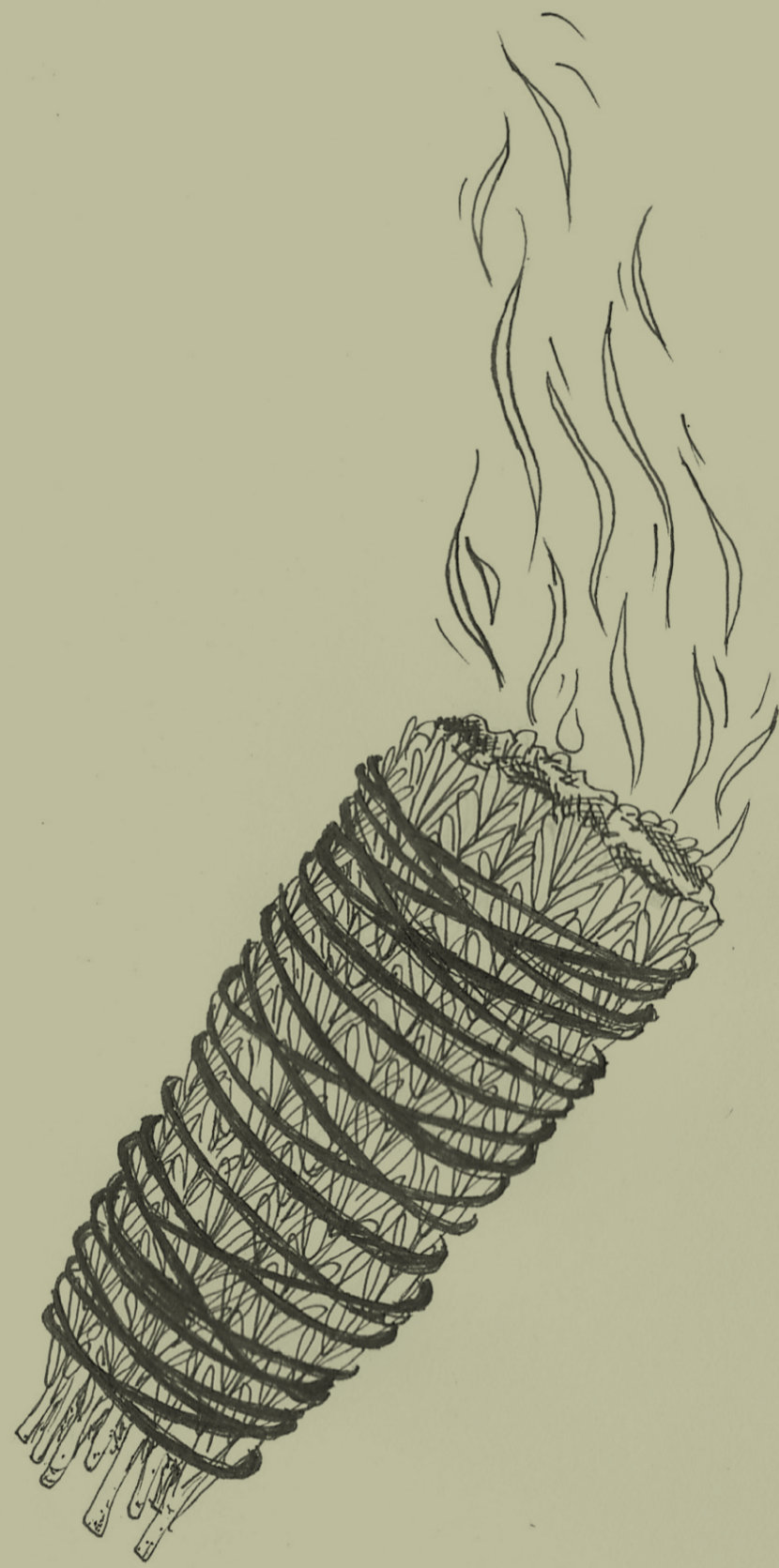
TRY MAKING A ROSEMARY TISANE, OR TEA INFUSION, NEXT TIME YOU ARE EXPERIENCING FLATULENCE, BLOATING AND MILD SPASMS OF THE GASTROINTESTINAL AND BILIARY TRACTS. THE LEAVES ALONE (ESPECIALLY YOUNGER ONES) ARE THE STRONGEST IN RELIEVING AND RELAXING THE STOMACH.

USING ROSEMARY OIL IN THE BATH HELPS STIMULATE THE SKIN, ENCOURAGES CIRCULATION AND IMPROVES THE BLOOD FLOW OF PATIENTS WITH ARTERY CLOGGING DISEASES AS A RESULT. (126 (1984), P. 207.) IN THE SAME WAY, IT ALSO HELPS WITH SPERM MOTILITY, WHICH MAY BE WHY THERE WAS A COMMON BELIEF THAT IF A MAN DIDN'T LIKE THE SMELL OF ROSEMARY, HE WOULD NOT BE A GOOD LOVER.



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Rosemary also helped in the choice of partners one needed to make. The inquirer would plant different pots of rosemary, and each pot would contain the name of a potential partner. The pot that contained the most robust rosemary growth was said to be the best romantic partner for the future. Traditionally and in modern times, it has been used symbolically in weddings as a way to bring good luck to a new couple and as a reminder to be loyal to their partner in the future.

Rosemary in an amulet or burned in the air was said to protect and purify a person from evil spirits, thieves and witches, and from negative energy. Rosemary was placed under pillows in order to repel bad dreams and also to remember important ones. In the same way that sage smudge stick is used to clear a home or place of negative energy, so can rosemary be.



Throughout recorded history, rosemary has been used symbolically and medicinally as an 'herb of remembrance'. Ancient Greek scholars wore a wreath of rosemary during intense examinations because it was said to enhance memory. Modern science now reveals that simply sniffing rosemary oil can increase your memory by up to 75% while remembering future tasks.



# ETYMOLOGY

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## APHRODISIAC:

The name comes from the Greek ἀφροδισιακόν, aphrodisiakum, i.e. "sexual, aphrodisiac", from aphrodisias, i.e. "pertaining to Aphrodite",<sup>[6][7]</sup> the Greek goddess of love. Throughout human history, food, drinks, and behaviors have had a reputation for making sex more attainable and/or pleasurable. (1)



## Aphrodite (n.)

Her name was derived from the Greek word aphros, which means "foam," from the story of her birth, but it is possible that the word is derived from Phoenician Ashtaroḥ (Assyrian Ishtar). Beekes writes, "As the goddess seems to be of oriental origin ..., the name probably comes from the East too. .... It may have entered Greek via another language." He concludes, "[I]t seems possible that the name came from the one language [sic] which, on historical grounds, we should expect to be relevant: Cypriot Phoenician." The Romans associated it with Venus, who was originally a lesser-known goddess. In 17c. In English, it was pronounced to rhyme with night, right, etc. (2)

## RESOURCES USED

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1. "Aphrodisiac (n.)." Online Etymology Dictionary, [www.etymonline.com/word/aphrodisiac](http://www.etymonline.com/word/aphrodisiac).

2. "Aphrodite (n.)." Online Etymology Dictionary, [www.etymonline.com/word/Aphrodite?ref=etymonline\\_crossreference](http://www.etymonline.com/word/Aphrodite?ref=etymonline_crossreference).

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INSTRUCTIONS FOR A CHARLIE ANN MAX

ROSEMARY RITUAL BATH

IN COLLABORATION WITH MAMOON REMEDIES

Things to note:

- Stay hydrated.
- Focus on your breathe
- Only prayers and mantras should be spoken once the process begins. Use your breathe and energy in a gentle way. You are protected. During the bath try breathing in (6 seconds)—pause-- and out (6 seconds) pause, and continue your breathe throughout the duration of the bath. Prior to entering the bath make sure to burn sage, juniper, rosemary or frankincense to cleanse the energy of the space and bath)



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1. Responsibly and consciously harvest rosemary. Rosemary is it's most potent when freshly picked, while blooming, in the morning dew, in the winter. Ask the plant to provide you with it's specific medicine "Rosemary I am going to use you in my ally for hydration, bath salts, and as your bath companion."
2. Creating the contents for your bath... salts add magnesium to the body and help your adrenal glands.
3. Prepare Bathspace: Sage & Rosemary Smudge the space and yourself/ (Sage & Rosemary)—prayer added & Bath
5. Think of all the negative things you want to release from your life as it's fizzing. Inside the bath bomb there is a crystal. If you don't have a bath bomb, bring a crystal into the bath and spend 1 min. thinking of all your fears then pour in at least 1lbs of Epsom salts, slowly letting them soak into your body and hands. Add Rosemary branches to the bath (you will use these after the bath)
6. Wash your hair and body with rosemary shampoo
7. Set your intentions: Start by writing, "For my highest good and the highest good of the universe, please grant me my intentions:..."
8. Prepare and Apply face mask as if you are a warrior putting on war paint. Speak and repeat mantra which you create or which is created for you.
9. Strigil and oils --. Rosemary oil in the bath attaches to skin and removes dirt from the skin. Scrape off the oil and excess dirt with the strigil to activate body and it's oils.
13. Reinvigorate your body with the branches of rosemary that have been soaking in the bath water. This is similar to a Russian tradition called "Venik" where you create a broom out of birch, oak, or eucalyptus leaves to wake up your body and pass on the medicinal oils from the branches you use, after being soaked in warm water. Hit each part of your body once or twice with the branches to invigorate, regenerate, and ease soreness all over the body.
14. Moisturize and give thanks for your life, the bath, and the plant allies that supported your bath.