

10 ml Marjoram Spanish Essential Oil



Brand: Ancient Wisdom

Product Code: EO-31

Availability: 10

Weight: 0.04kg

Price: £4.25

Description

Latin Name : Thymus Mastichina. Part Of Plant Used : Leaves & Flowering Tops. Source : Spain. Extraction Method : Steam Distillation. This Marjoram Essential Oil is steam distilled from the Thymus mastichina plant, which has a hairy stem, oval leaves and little whitish flowers in clusters. The entire plant exudes a strong aroma. This plant is actually wild growing thyme, but is known as Spanish Wild Marjoram. It belongs to the lamiaceae family of Spain and is not the same as sweet or French Marjoram; neither is it oregano, which is also called wild marjoram. This oil is said to be more effective than that of sweet marjoram when used as an expectorant for respiratory tract infections and spasms, as it has antiseptic properties for the upper respiratory tract, but is not a muscle relaxant or a sedative, as sweet marjoram is. Spanish marjoram oil is commonly used in aromatherapy and blends well with lavender and bergamot oils for creating a relaxing environment. When used in an oil burner or in a massage oil, this herb is said to calm the nerves, and fight loneliness and rejection. It also aids digestion. Spanish wild marjoram is known to have been used by herbalists since ancient Greece. Ancient Greeks and Romans crowned bridal couples with wreaths of marjoram to symbolize love, honour and happiness. Marjoram tea with honey was used by singers to preserve their voices.