



Chemotypes

Rosemary

Rosmarinus officinalis ct. camphor

Chemistry: Camphor 15–20%, 1,8 cineole 20%, α -pinene 15%, borneol 5%

Safety Information

Avoid using camphor rich oils on individuals with hypertension or epilepsy.

Avoid during pregnancy.

Therapeutic Actions:

Can improve short term memory, energizing, cephalic

Circulatory decongestant and vein stimulant: blend with black pepper and marjoram

Useful for alleviating cramping pains in the legs

Muscle relaxant, considered to be the most specific for neuromuscular problems including muscular aches and pains, cramps, spasms, and neuralgic and rheumatic pain

Indicated for the treatment of arthritic conditions

Muscle cramps, constipation, flatulence, varicose veins

Rosemary ct. 1,8 cineole (eucalyptol)

Chemistry: 1,8 cineole 20–50%, α -pinene 10%, borneone 10% (Soulier)

Therapeutic Actions:

Expectorant, respiratory decongestant, excellent mucolytic, anti-catarrhal applications

Antibacterial agent (e.g. *Staphylococcus aureus*, *staph. alba*)

“As a bactericide, the cineole ct. is effective in treating newly-forming tissue in ulceration; it can be added to creams or lotions, or diluted in a saline solution in a spray bottle to mist over and irrigate the ulcerated tissue.”

Liquifies bronchial secretions, muscular antispasmodic, cerebral tonic, stimulated mental functions

Rosemary ct cineole is useful for the elderly who show syndromes of impaired mental functioning, with reduced cerebral activity and decreased neuronal plasticity.

Rosemary 1,8 cineole has an analgesic effect on the muscles by means of its tonic effect on the circulation, which not only improves the nutrition of the muscle fibers but also helps eliminate lactic acid.

Rosemary ct. verbenon

Chemistry: verbenone 4–7%, 1,8 cineole 10%, camphor 3–7%, α -pinene 15–40%, bornyl acetate 10–15%

Therapeutic Actions:

Used in skincare due to its regenerative abilities

Bronchitis, sinusitis, rhinitis, flu, common cold, skin care.

Mucolytic and expectorant

Endocrine regulator—effective in treating post-menopausal syndrome especially hot flashes, useful for post-natal depression, combined with fennel and geranium.

General stimulant, nerve tonic, restores psychological balance.

Thyme

Thymus vulgaris

Thyme ct. linalol:

Chemistry: Monoterpenes (traces), Alcohols 40% (linalol, terpinen-4-ol) and Esters 30%

Therapeutic Benefits

Effective systemic and topical anti-infectious agent, which is highly suitable for skin infection

Relatively safe for children

Effective immunostimulant and is useful for the treatment of respiratory pathologies in children, particularly for broncho-pulmonary infections.

Good anti-tussive for spasmodic, dry cough

Sore throat, tonsillitis

Viral and bacterial infections, candida albicans, skin care.

Thyme ct. geraniol

Chemistry: Monoterpenes (traces), Alcohols 60% (geraniol), and Esters 15% (geranyl acetate)

Therapeutic Benefits

Well tolerated with pronounced antibacterial and antiviral effectiveness.

Works well for all upper respiratory and genital infections.

Considered safe during pregnancy.

Viral and fungal infections, bronchitis, intestinal infections

Thyme ct. thujanol-4:

Chemistry: Monoterpenes (5%), Alcohols 50% (terpinene-4-ol, linalol, geraniol, alpha-terpineol, thujanol)

Therapeutic Benefits

Bronchitis, sinusitis, rhinitis, flu, common cold

Depression

Thyme ct. thymol :

Chemistry: Monoterpenes 5% (myrcene, terpinene), Phenols 50% (thymol, carvacrol)
(Haas, 2004)

Safety Information: Dermal irritant

Therapeutic Benefits

Broad anti-infectious spectrum of action against pathogenic bacteria and yeasts.

Lifts depression caused by exhaustion

Energizing

Powerful anti-infectious, chronic infections, immunostimulant, intestinal antiseptic, and stimulant.

Bacterial and viral infections, especially bronchitis, immune deficiency.