MARJORAM Essential Oil  
*Origanum majorana*

Used in aromatherapy

Experience Wellness in Body & Soul

- **BODY:** Marjoram can be used for minor skin irritations, cuts, bruises and burns. It helps relieve joint or muscle pain associated with sprains, strains and rheumatoid arthritis and can reduce the symptoms of a cold and cough. When experiencing digestive discomfort, Marjoram can act as a carminative and antispasmodic. Used to experience relief from eczema and dermatitis.

- **SOUL:** Acts as a nervine and calmative, which enhances relaxation as well as helps to relieve headaches

**USAGES:** Local application, body massage, topical application, sprays used for muscle pain/other topical use, bath, direct inhalation, steam inhalation, compresses

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