

Rosemary

Latin name: previously known as *Rosemarinus officinalis*, now called *Salvia rosmarinus*

Other Common Names: Dew of the Sea, Rose of the Sea, Incensier, Sea Dew, Ros Maris, Rosmarine, Rosemarie, and Guardrobe

Genus: Salvia (Sage)

Plant Family: Lamiaceae (Mint)

Parts Used: leaves, flowers, tender shoots

Herbal Energetics and Actions: antidepressant, antimicrobial, antioxidant, antispasmodic, aromatic, bitter, carminative, cephalic, circulatory stimulant, drying, emmenagogue, rubefacient, warming

Body Systems Affiliation: cardiovascular/circulatory system, integumentary system, digestive system, respiratory system, central nervous system, emotional body

Aroma: sweet, strong, camphorous, mint-like, pine-like, slightly woody, clarifying, stimulating

Botany

Rosemary (*Salvia rosmarinus*), a member of the Mint family (Lamiaceae), is a fascinating perennial herb prized for its culinary, aromatic, and medicinal qualities. Like many members of the Lamiaceae family, Rosemary exhibits distinctive botanical features, including square-like stems, two-lipped open-mouthed tubular flowers, and opposite leaves. Its robust, evergreen nature makes it a versatile and hardy plant suitable for a variety of environments.

The leaves of Rosemary are one of its most recognizable features. Flat, linear, and leathery in texture, they have a needle-like appearance with slightly blunt tips, measuring about an inch long. The tops of the leaves are a deep green, contrasting beautifully with the pale green or silvery underside, creating a striking visual effect. This foliage is not only visually appealing but also highly aromatic, emitting the herb's characteristic Pine-like scent when crushed.

Rosemary typically grows as a woody shrub, reaching heights of 2 to 6 feet and spreading just as wide when planted in open soil. Its size and shape depend greatly on its growing conditions; potted Rosemary tends to remain compact, whereas plants rooted in garden beds may thrive in expansive bushes. This perennial herb is long-lived and resilient, capable of enduring well beyond two years with proper care, making it a favorite for both gardeners and herbalists alike.

The plant's flowers add a delicate beauty to its rugged appearance. Blooming primarily in spring and early summer, Rosemary's bilabiate flowers grow in small clusters near the tops of its stems. Depending on the variety, these blossoms range in color from lavender-blue to white or soft pink. In warmer climates, Rosemary plants may flower year-round, offering nearly continuous beauty and utility to pollinators. Bees, butterflies, and other beneficial insects are particularly drawn to its blossoms, solidifying Rosemary's role as an essential pollinator plant.

Beyond its visual and ecological contributions, Rosemary embodies a sense of loyalty and versatility. It nourishes us with its culinary offerings, aromatic gifts, and medicinal uses while providing sustenance to pollinators and beautifying the landscape. This steadfast herb stands as a reliable and aromatic companion, always present to enrich our lives.

Native Habitat & Distribution

Rosemary is native to the coastal Mediterranean region and can be found thriving in Spain, Italy, Portugal, Southern France, Greece, and North Africa. It has been cultivated for over 5,000 years for its practical uses in both food and medicine.

It was revered by the Spanish in the 13th century and became popular throughout Europe as a way to add flavor to meals and help preserve meats, as well as for its medicinal benefits. Rosemary traveled to the Americas with early European settlers at the beginning of the 17th century. It is now cultivated almost worldwide throughout Europe, Asia, and the Americas, and can be found at most plant nurseries as both seeds and plant starts.

Cultivation

Temperature & Humidity: Rosemary thrives in warm, sunny climates and prefers moderate to low humidity. Native to the Mediterranean region, it is well-adapted to dry conditions and tolerates heat remarkably well. It grows best in temperatures between

60°F and 80°F (15°C to 27°C) and can tolerate higher heat if planted in well-draining soil with consistent sunlight (6–8 hours daily).

This herb is sensitive to frost and freezing temperatures. While most varieties can survive brief drops to 20°F (-6°C) if protected, prolonged exposure to cold can cause significant plant damage or death. In colder climates (USDA zones 7 and below), growing Rosemary in containers is recommended so it can be moved indoors during winter.

Rosemary does not perform well in cold, wet environments. For regions with these conditions, overwintering a potted Rosemary plant indoors is the best option. Bring the plant inside after the first hard frost to encourage dormancy, and place it near a sunny window. Water sparingly – about once a month – during this period. In spring, once the frost risk has passed, the plant can return outdoors.

Rosemary loves to grow in USDA plant hardiness zones 7-10 and there are even some reports of it thriving in zone 6 as well. In the United States, these areas tend to have hot summers paired with mild winters and include the Pacific Northwest, Southern states, and lower East Coast states. You can view the [USDA Plant Hardiness Zone Map here](#). With its adaptability, Rosemary thrives in both warm and cool climates as long as it receives full sun, good airflow, and protection from extreme cold.

Sunlight: Full direct light.

Ideally, the plant should receive 6 to 8 hours of direct sunlight daily to produce strong, aromatic foliage and healthy blooms.

Water: Moderate watering.

Rosemary is a drought-hardy plant that prefers well-drained, rocky soil without a lot of nutrients. Its Mediterranean origins make it naturally drought-tolerant, so overwatering is more harmful than underwatering. If your Rosemary plant looks leggy, droopy, or floppy, it may indicate that the plant is being overwatered.

Harvesting Methods:

Harvest from well-established Rosemary plants using proper pruning techniques to encourage healthy, ongoing growth. Make cuts just above a leaf node to stimulate new growth, as two stems typically emerge from each cut. Focus on harvesting the fresh tips and tender shoots near the tops of the stems, while leaving some foliage intact. Be sure to preserve the woody stems and a portion of the leaves to support the plant's long-term health and sustainability.

History & Folklore

The name Rosemary comes from the Latin words “*ros marinus*,” which translates to “Rose of the Sea” or “Dew of the Sea,” a nod to Rosemary’s Mediterranean roots. Rosemary is one of the most widely known and used aromatic plants with a rich history extending far back to ancient times. Chances are you’ve eaten this herb in a dish or met this plant growing in an herb garden. For centuries, this versatile herb has been a staple in countless cuisines, often paired with meats, rich dishes, potatoes, breads, and pasta for its bold, aromatic flavor.

In Greek mythology, as recounted in Homer’s *Iliad*, the daughter of the King of Sparta fell deeply in love with the Sun God. Enraged by this forbidden love, the King condemned his daughter to be buried alive. Overcome with grief, the Sun God wept over her grave, and where his tears touched the earth, the Rosemary shrub emerged. This legend is said to explain the plant’s delicate, tear-shaped flowers and its association with the Sun. The Sun, often linked to the heart and emotions, governs courage and the journey through grief, reflecting the symbolism of the resilient and aromatic rosemary plant.

Both the ancient Greeks and Romans cherished Rosemary for its magical, spiritual, and medicinal properties. Almost all ancient Greek and Roman gardens contained Rosemary, for they believed that its presence protected one from evil spirits. The plant and its essential oil have a long history of use in herbal medicine – it is mentioned in many ancient herbal texts by herbal physicians such as Galen, Plinius, and Dioscorides. Pedanius Dioscorides, an ancient Greek botanist and physician who practiced around 60 CE, wrote about Rosemary in his famous herbal book, “*De Materia Medica*,” recommending the plant for its “warming faculty.”

During Medieval times in France, Rosemary was commonly burned as incense – along with other plants – to fumigate, cleanse, and purify the air in hospitals to help prevent infection due to its antimicrobial properties. In the 18th century, a Rosemary-scented Eau de Cologne (a style of French perfume) rose in popularity in France, becoming a favorite of Napoleon Bonaparte.

Nicholas Culpepper, an English botanist, herbalist, and physician, wrote about Rosemary in the “*Pharmacopeia Londoniensis*” in 1653, scribing that Rosemary water is “an admirable cure-all remedy of all kinds of cold, loss of memory, headache, coma. It receives and preserves natural heat, and restores body function and capabilities, even at late age. There are not that many remedies producing that many good effects.”

In literature, Rosemary has been featured in many poems, as well as the Bible and five of Shakespeare’s plays. In the story of Hamlet, Ophelia says: “There’s Rosemary, that’s for

remembrance; I pray you, love, remember.” This is a nod to how well-known the plant has been for promoting memory.

Rosemary has also been used as a way to honor and remember those who have passed on. Egyptian mummies were commonly found wrapped with Rosemary as a way to honor the dead. In England and Wales, sprigs of Rosemary were traditionally used in funerals and worn pinned to clothing and accessories to support the grieving process after the loss of a loved one.

In some traditions, sprigs of Rosemary were placed on coffins before they were buried. This was a symbol to all spirits – both living and those who had passed on to other realms – that the dead would never be forgotten and live on in our memories. Some of these traditions mentioned above still live on today.

Aromatherapy Uses

Just as Rosemary is clarifying and stimulating to the skin, the aroma of the plant also cleanses and invigorates the soul. The aromatics of Rosemary help break up stagnation, both physically and energetically. It is known to help clear stagnant or “stuck” energy and stimulate motivation, inspiration, and insight.

Rosemary has an affinity for those who feel stuck in a rut or like their boots are stuck in the mud – but they feel they have nowhere to go anyway, and wonder why they should bother getting them out. Rosemary can help those with low self-confidence and low self-worth stoke their inner fire, reconnect with their light, and find their way back to who they truly are. If you find yourself paralyzed with negative self-talk or afraid to take that next step, Rosemary is waiting to help you.

Rosemary is highly uplifting to the mood and spirit. The enlivening aroma clears out feelings of discouragement, pessimism, and apathy, like a broom cleaning and cleansing a space. Its ability to clear the mind helps make way for new ideas and fresh growth. The next time you feel stuck in indecision or negative thought spirals, invite some Rosemary aromatherapy into your life. You might be surprised at how effective this plant is at cleansing, clearing, and renewing your mental and emotional state.

Not only that, but [scientific studies](#) have shown that the aroma of Rosemary can help decrease feelings of anxiety and depression. Inhaling Rosemary aromatics can also reduce cortisol levels in the body, which are known as the “stress hormones.” High levels of cortisol cause your body to go into “fight-or-flight” mode, which can lead to chronic

stress and other long-term health issues. The aroma of Rosemary can help lower this stress response and relieve feelings of stress, anxiety, and depression associated with it.

Rosemary has long been cherished as a remedy for lifting the weight of apathy and emotional heaviness. It is thought to support those struggling with depression, feelings of disconnection, and withdrawal from loved ones – especially when exhaustion makes action feel impossible. Rosemary's invigorating qualities can gently encourage a renewed sense of vitality and direction.

Interestingly, while Rosemary is often used as a symbol of honor and remembrance for the loved ones we have lost, it also can help comfort us during the grieving process. This may stem from its ability to soothe the spirit with its antidepressant properties or perhaps hints at its deeper, more mystical qualities.

Either way, when used in instances of death, this plant has a dual purpose – by honoring those who have passed on and consoling those who are in mourning. Rosemary has mastered the art of holding space for grief, as well as strengthening the memories of those we have lost so that they may live forever in our souls.

To receive the aromatic gifts from Rosemary, you can use several drops in an essential oil diffuser, diluted in a massage oil, or add Rosemary sprigs to an herbal bath. You can also use the dried plant as incense or as a hydrosol or room spray. Rosemary can add a lot to an incense blend in terms of aroma and medicinal qualities.

Traditional Medicinal Uses

The leaves of Rosemary contain flavonoids, proanthocyanidins, tannins, terpenoid bitters, phenols, acids, and volatile oils (~1%). The essential oil contains borneol (16-18%), bornyl acetate (5-6%), dipentene, eucalyptol, and camphene.

Cardiovascular & Circulatory System

The cardiovascular system, also known as the circulatory system, is made up of the heart, blood vessels, and blood. Rosemary helps stimulate blood circulation and move blood throughout the body. For this reason, it can help relieve cold hands and feet, which can sometimes be a sign of poor circulation.

Rosemary has an affinity for the heart and is helpful for soothing issues like heart palpitations and low blood pressure. Notable herbalists in the 1800s and 1900s have

used Rosemary in their herbal practice for cardiac edema and congestive heart failure, including Sebastian Kneipp, Juliette de Baïracli Levy, and Matthew Wood.

Herbalist and botanist Rudolf Fritz Weiss (1895-1991) often enjoyed making an infusion of Rosemary in European white wine to be used as a heart tonic. Weiss believed that people who responded well to Rosemary were those with chronic circulatory weakness, including those with low blood pressure, easily tired, or appearing frail, weak, and thin.

Healthy blood circulation helps build vitality and overall health, which in turn supports the immune system. Our blood delivers nutrients and oxygen to our cells, on top of disposing of waste and toxins. Not only that, but blood also sends antibodies to fight germs and bacteria, helping prevent infection and illness. The heart is the main control system, pumping and transporting the blood. Rosemary helps support a healthy blood flow to keep these systems running smoothly.

Integumentary System (Skin)

When applied topically, Rosemary works wonders as a natural healer and purifier for the skin. Known for its ability to soothe troublesome topical conditions like dermatitis, eczema, and psoriasis, this versatile herb is a favorite in skin care for its gentle yet powerful properties.

If you've ever used Rosemary in facial care products, you may have noticed its ability to brighten and clarify your complexion. This is because Rosemary stimulates circulation in the skin, flushing out toxins and promoting a fresher, more radiant appearance. Its rosmarinic acid, rich in antioxidants, defends against oxidative stress, helping your skin look youthful and healthy. At the same time, Rosemary's potent anti-inflammatory properties reduce redness, puffiness, and swelling, leaving your skin calm and revitalized.

But Rosemary's benefits don't stop at the skin. It's a game-changer for scalp and hair care, too! When applied to the scalp, Rosemary invigorates hair follicles, encouraging growth and improving overall hair health. It deeply moisturizes, soothes irritation, and can clear up dandruff, leaving your scalp refreshed and your hair vibrant.

If you want to use Rosemary essential oil for your hair, it's important to dilute it first. The diluted essential oil can be mixed with a carrier oil like jojoba or sweet almond oil to make hair oil or you can infuse the plant material into vinegar to make a hair rinse (see the "Aromatic & Herbal Preparations" section). You could also simply dilute the essential oil directly into your shampoo and give it a good shake.

For more information on properly diluting essential oils, refer to your “Essential Guide to Essential Oils” in the Bonus PDF Guides section of AMG. *Always dilute an essential oil before topical use. Essential oils are only to be used topically, never internally.*

Digestive System

Rosemary has an ancient history of being used in cuisine, and for good reason. Not only does it add a strong and uniquely fresh taste to food when consumed, but it also acts as a warming, aromatic bitter that helps stimulate and support the digestive process. The bitter taste sends signals to the stomach to release digestive secretions, bile flow, and pancreatic enzymes to aid in digestion. Bitters also encourage the absorption of nutrients and aid in peristalsis, which is the rhythmic movement of food in the intestines.

Rosemary has an affinity for supporting the “blood organs,” especially the liver, meaning that it can encourage the processes of the liver to produce more bile. Herbalist Matthew Wood writes that Rosemary is indicated for cold, sluggish liver and gallbladder conditions that pair with a pale, yellowish complexion, slow digestion, bitter taste in the mouth, and lack of energy.

Rosemary has antispasmodic properties which can help address a lack of appetite, as well as soothe stomach cramps or digestive upset. It is known as a carminative, meaning it helps relieve gas and bloating. Culpepper writes that Rosemary “is a remedy for the windiness in the stomach, bowels, and spleen, and expels [wind] powerfully.” Kneipp reports that it “cleanses the stomach from phlegm.” This is why Rosemary often appears in traditional recipes – its consumption directly supports and enhances the digestive process.

Respiratory System

The aroma of Rosemary is considered a mucolytic expectorant, which means that it helps loosen and break up any mucus that feels stuck in the airways. It can help clear the lungs, reduce congestion, and promote deeper breathing. Herbalist Matthew Wood believes that Rosemary is helpful for respiratory ailments such as sinusitis, bronchitis, and asthma.

Nervous System

Rosemary has long been known in many ancient modalities of medicine as a remedy for improving memory. In ancient Greece, scholars would place a sprig of Rosemary behind their ear as it was believed to help them retain the knowledge they were gaining from their studies. Students would place garlands of Rosemary around their necks or braid springs into their hair to enhance their memory during exams. Some would simply place the plant on their pillow to help support their memory while they slumber.

Since ancient times, Rosemary has been used to support cognition and promote mental clarity. Just as Rosemary stimulates circulation in the body, it helps to improve the natural blood flow to the brain. The increased blood supply to the brain helps stimulate brain function, enhancing the mind and concentration.

If you've ever smelled Rosemary essential oil, or even rubbed its leaves between your fingers and breathed it in through your nose, you've likely experienced an immediate clearing of the mind and sharpening of your focus.

Rosemary has long been linked to memory enhancement, famously celebrated in Shakespeare's play *Hamlet*. Traditionally used as a memory tonic in both internal remedies and aromatic practices, Rosemary is especially valued for its ability to support those struggling with brain fog, poor concentration, short-term memory lapses, and feelings of mental disorientation.

[Scientific studies](#) have linked the aroma of Rosemary with improved cognitive function and short-term memory. In addition, [preliminary research](#) suggests that the rosmarinic acid in Rosemary could potentially be helpful in patients with Alzheimer's disease. (This is dependent on many factors, such as the cause of Alzheimer's, and more research is ongoing.)

Aromatic & Herbal Preparations

Culinary Uses

Fresh or dried Rosemary leaves are a culinary treasure, often used to infuse dishes with their bold, aromatic flavor while also supporting healthy digestion. This versatile herb adds depth to a wide range of recipes, from savory roasted vegetables and meats to soups, stews, and breads.

Beyond sprinkling the leaves directly into your cooking, Rosemary can be used to create infused ingredients that elevate everyday meals. You can try infusing Rosemary in olive oil or vinegar to craft flavorful bases for salad dressings, marinades, and dips. These infusions can also be drizzled over roasted dishes or used as a finishing touch to enhance sauces. With its robust flavor and digestive benefits, Rosemary is a simple yet powerful way to transform your kitchen creations.

Essential Oil

Rosemary essential oil is made using steam distillation of fresh plant material. Some aromatic plants have chemotypes of essential oils, a plant subspecies that produces different quantities of chemical components in its essential oils. There are two distinct chemotypes of Rosemary essential oil commonly sold: *Salvia rosmarinus ct. verbenone* and *Salvia rosmarinus ct. cineole*. They are somewhat similar in properties, and each chemotype contains all three constituents – verbenone, cineole, and camphor – but in slightly different proportions.

- *Salvia rosmarinus ct. verbenone*: This essential oil is thought to be a more gentle variety and is commonly used topically and for uplifting the mood.
- *Salvia rosmarinus ct. cineole*: This essential oil has more of an affinity for the respiratory system, and is more of an expectorant, decongestant, and mucolytic herb. It is higher in camphor, so the aroma is more sharp and warming.

How to Use Rosemary Essential Oil:

There are many ways you can use Rosemary essential oil. First, you can simply inhale the aroma directly from the bottle by opening the cap, placing the bottle about an inch below your nostrils, and taking several deep breaths. You may feel an immediate cleansing of the mind and mental acuity.

When using an essential oil diffuser, place 2-3 drops in the diffuser – remember, less is more when it comes to essential oils, as they are potent, concentrated aromatic medicines.

When using topically, it's important to dilute the essential oil drops with a carrier oil or vinegar for external use on the face, skin, or scalp to reduce the risk of skin irritation. You can also dilute essential oil drops in shampoo for hair health. For more information on properly diluting essential oils, refer to your “Essential Guide to Essential Oils” in the Bonus PDF Guides section of AMG.

Essential oil safety experts recommend using a 2% or below dilution ratio. The dermal maximum for *Salvia rosmarinus ct. verbenone* essential oil is 6.5% for topical use in adults. Avoid use during pregnancy, breastfeeding, and with children under 2 years of age. Always dilute an essential oil before topical use. Essential oils are only to be used topically, never internally.

Hydrosol

Rosemary hydrosol, also known as a hydrolat, is made using steam distillation of fresh plant material. It contains some aromatic elements of the plant as well as water-soluble constituents. In essence, hydrosols are water-based, gentle herbal extracts that are commonly used in topical herbal applications.

How to Use Rosemary Hydrosol:

There are countless ways you can use Rosemary hydrosol. You can diffuse it in an essential oil diffuser for a more gentle experience compared to diffusing essential oil. If you want to make herbal skin care products, it can be used as a water-based ingredient in herbal cream or lotion recipes. It can be applied as-is topically as a facial toner or hair spray, or simply sprayed near the face, body, clothing, or into a room for uplifting the spirit, supporting emotional health, and enhancing memory.

Note: In some cases, Rosemary hydrosol can be used internally, depending on the distillation methods and final product.

Oil Infusion

An oil infusion is an herbal preparation that involves extracting the aromatic and medicinal properties of herbs into a carrier oil. Oil infusions are typically used topically, but since Rosemary is edible, you could also use it in culinary dishes. You can infuse Rosemary in any type of carrier oil; my favorite oil for both face and hair health is jojoba oil. Be sure to use dried plant material (if you use fresh plant, it'll introduce some water into the oil, which can cause it to go rancid quickly).

Hair oiling is an ancient practice of applying natural oils to the hair and scalp to moisturize, nourish, and protect hair. Rosemary is widely recognized for its hair benefits. When applied to the scalp, it can stimulate hair follicles to encourage growth, potentially slowing hair loss. Rosemary also provides deep hydration and helps clear dandruff due to

its anti-inflammatory properties. It's even been known to help strengthen hair, reduce split ends, and boost hair health. The following instructions are based on the folk method.

How to Make Rosemary Oil Infusion:

Tools & Ingredients:

Dried Rosemary leaves

Carrier oil

Stove pot or crockpot

Trivet

Clean glass mason jar with lid

Fine mesh stainless steel strainer and/or cheesecloth or muslin cloth

Label & pen

Knife & cutting board (optional)

Instructions:

- First, chop up your Rosemary leaves to amplify the extraction potential.
- Place dried, chopped Rosemary in a clean glass mason jar, leaving at least 2 inches of space between the herbs and the top.
- Slowly pour your carrier oil over the Rosemary until it's fully submerged.
- Seal the jar tightly with a lid.
- Next, place a small washcloth or trivet at the bottom of a pot or crock pot and fill it halfway with water. Set the jar of oil and herbs on the washcloth, ensuring the water level is even with the jar's contents for adequate extraction.
- Turn the heat on low, warming the oil for 4-6 hours. Stir every 30 minutes or so to help extract the aromatic and medicinal compounds from the Rosemary. A longer infusion time yields a more potent and fragrant oil.
- After 4-6 hours, turn off the heat and let the oil cool to room temperature. Then, strain the oil through a cheesecloth and fine mesh strainer into a clean jar, squeezing out any remaining oil using your hands.
- Label your infusion and store it in a cool, dark place.

Optional: At the end, add 2 drops of Rosemary essential oil for every 10 mL of infused oil for a 2% dilution ratio. Your Rosemary hair oil is ready to use!

How to Use Rosemary Oil Infusion:

You can apply Rosemary oil infusion as-is to the skin as a face care or hair care product, or incorporate it into herbal or aromatic preparation recipes.

Herbal Tea

Rosemary tea is a delightful herbal infusion, offering a perfect blend of earthy warmth and invigorating aroma. Sipping a cup feels like a gentle hug for your senses, with its fresh, Pine-like notes awakening the mind and soothing the spirit. Not only is it a treat for the taste buds, but it also supports digestion, boosts focus, and uplifts the mood, making it a lovely choice for any time of the day.

Consuming Rosemary tea can help support brain function, mental clarity, and memory. It can also be supportive to the respiratory system, opening the lungs, and encouraging the clearing of congestion. Rosemary tea is such a lovely way to help alleviate cold and flu symptoms, due to its aromatic steam and antimicrobial qualities.

Whether enjoyed steaming hot or cooled over ice, Rosemary tea is a simple, comforting way to experience the magic of this timeless herb. You can use fresh or dried plant material for brewing an herbal tea infusion.

How to Make Rosemary Herbal Tea (Standard Infusion):

- To make a standard infusion of Rosemary herbal tea, add 1 TBSP of fresh plant material or 1.5 tsp of dried herb per 1 cup of boiled water.
- Pour hot water over the herbs into a teapot or mug and allow it to steep for 20 minutes.
- Be sure to keep it covered with a lid to prevent the precious volatile oils from evaporating.
- When ready, strain, inhale the aroma, drink the tea, and enjoy its uplifting and clarifying effects!

Apple Cider Vinegar Herbal Extract

Rosemary herbal vinegar is a versatile, alcohol-free liquid extract made by using apple cider vinegar as the solvent to draw out the herb's beneficial constituents and aromatics. This blend combines the healing properties of Rosemary with the numerous health

benefits of apple cider vinegar, creating a powerful tonic for both internal and topical application.

When consumed, Rosemary herbal vinegar can support digestive health; plus apple cider vinegar is well-known for promoting healthy digestion by balancing stomach acidity and aiding in nutrient absorption. Combined with Rosemary's natural ability to support gut health, this infusion can help ease digestive discomfort and enhance overall well-being.

Topically, Rosemary herbal vinegar shines as a skin and hair tonic. Apple cider vinegar's natural antibacterial and antifungal properties make it an excellent base for soothing irritated skin, combating acne, and restoring the skin's natural pH. When infused with Rosemary, it further amplifies these benefits, delivering antioxidants and anti-inflammatory properties that can calm redness, reduce puffiness, and rejuvenate the skin. This herbal vinegar can also be used as a nourishing scalp rinse to cleanse and promote healthy, vibrant hair.

How to Make Rosemary Vinegar:

To make an apple cider vinegar herbal extract, you can use fresh or dried plant material. Keep in mind that using dried herbs may enhance the flavor strength and intensity of the extract.

Tools & Ingredients:

Fresh or dried Rosemary leaves (optional: Rosemary flowers)

Raw apple cider vinegar

Knife & cutting board

Wax paper

Clean glass mason jar with lid

Fine mesh stainless steel strainer and/or cheesecloth or muslin cloth

Label & pen

Instructions:

- Chop up your plant material using a knife and cutting board to maximize the extraction potential.
- Place your plant material in a glass mason jar, then pour in the vinegar, making sure to completely cover the herbs.
- Metal and vinegar don't interact well, so be sure to put a bit of wax paper in between the metal lid and glass jar to separate the vinegar extract from the lid

during maceration. Also, remember to label your jar with the ingredients, date, and strain by date (2 weeks from now).

- Set the lidded glass jar in a cool, dark place and return every day to gently shake the mixture and check on vinegar levels. If the herbs are no longer completely covered, you may add more vinegar to top it off. You always want the herbs to remain covered with menstruum to avoid spoilage!
- Allow your tincture to infuse for 2 weeks, then strain out the herbs using a fine mesh strainer and/or cheesecloth or a muslin cloth. I like to use both to finely strain the tincture.
- Be sure to label your storage bottle!
- Store your herbal vinegar in the refrigerator to maximize shelf life and it should last anywhere from 3-6 months with fresh plant material and up to 12 months with dried plant material.

How to Use Rosemary Vinegar:

Rosemary herbal vinegar can be used in a variety of different ways, including culinary, cosmetic, and internal uses. For culinary purposes, Rosemary vinegar can be incorporated into dishes as a salad dressing, marinade, sauce ingredient, and more.

For cosmetic uses, it can also be diluted and used topically on the face or hair as a healing and cleansing rinse.

My favorite way to use Rosemary vinegar internally is to drink a glass of water in the morning mixed with 1 teaspoon of extract to help cleanse and wake up my body and digestive system. It can also be used this way after a meal to mimic an aperitif to help support digestion.

Note: You can experiment and use other types of vinegar instead if you prefer, but be sure to keep in mind that the flavor of the vinegar will have an impact on the final taste results.

Alcohol Herbal Extract (Tincture)

An alcohol liquid extract, also called an herbal tincture, is a concentrated herbal extract that uses alcohol as the solvent. In alcohol extracts, Rosemary can be made into a single plant tincture but is more often considered a supportive herb or vector in formulated tinctures along with other herbs, which means it helps amplify or support the other herbs in the blend.

I love using fresh Rosemary leaves when making a tincture, but dried plant material can also be used. For fresh plant material, a general 1:2 ratio is best, meaning 1 part fresh plant material to 2 parts menstruum. When using dried herbs, it's generally recommended to use a 1:5 ratio, so 1 part dried plant material to 5 parts menstruum.

For aromatic leaves like Rosemary, using 70% alcohol by volume is most effective for extracting essential oils, plant juices, and herbal constituents. This can be obtained by mixing half 80-proof vodka and half 190-proof grain alcohol or diluting 190-proof grain alcohol with water in a menstruum ratio of 25% water and 75% 190-proof alcohol.

For more guidance, visit your Liquid Extracts lesson in your AMG library. The following instructions use the "folk method" of herbal preparations.

How to Make a Rosemary Tincture:

Tools & Ingredients:

Fresh or dried Rosemary leaves (optional: Rosemary flowers)

70% Alcohol

Knife & cutting board or blender

Clean glass mason jar with lid

Fine mesh stainless steel strainer and/or cheesecloth or muslin cloth

Label & pen

Instructions:

- Chop up your plant material using a knife and cutting board to maximize the extraction potential and fit the plant material in the jar. (Optional: If you want the plant material more finely chopped, you can mix it in a blender with the alcohol. Just make sure the plant material isn't too fine to strain later!)
- Place your plant material in a glass mason jar. For fresh herbs, fill the jar about ½ full with plant material. For dried herbs, fill the jar ⅓ full. Then completely cover the plant material with alcohol.
- Screw the lid on the jar. Be sure to label the jar with the ingredients, date made, and strain by date.
- Set it in a cool, dark place and return every day to gently shake the mixture and check on alcohol levels. If the herbs are no longer completely covered, you may add more alcohol to top it off. You always want the herbs to remain covered with alcohol to avoid spoilage!

- Allow your tincture to infuse for 2-4 weeks, then strain out the herbs using a fine mesh strainer and/or cheesecloth or a muslin cloth. I like to use both to finely strain the tincture.
- Make sure to label the tincture with its name, ingredients, and date.
- Store your tincture in a dark amber glass jar in a cool, dark place away from direct light and heat and it should have a shelf life of up to 5 years

How to Use Rosemary Tincture:

An alcohol extract of Rosemary is probably the most common way I use this plant in my clinical practice, primarily for those with stagnation in the digestive or circulatory systems, as well as those with mental stagnation or low vital force. Always mix tinctures with water to consume. Dosage varies depending on the herb, individual, and situation. Always consult your doctor or herbalist when taking tinctures, as they are a much more potent form of medicine.

Vegetable Glycerin Extract (Glycerite)

Vegetable glycerin, a clear, syrupy liquid derived from vegetable fats in oils like soybean or coconut, is slightly sweet and nearly odorless. Used to create alcohol-free extracts, known as glycerites, it's an excellent choice for children or those avoiding alcohol. While glycerin effectively extracts aromatics and essential oils, it doesn't capture all the herbal constituents, making it slightly less potent than alcohol-based extracts. However, glycerites still offer significant medicinal benefits and aromatics, and their natural sweetness makes them a pleasant way to enjoy Rosemary.

How to Make Rosemary Glycerite:

Traditionally, glycerin is mixed with water to create the glycerite menstruum. It's generally recommended to use filtered or distilled water instead of tap water, which may contain impurities like chlorine, minerals, or trace chemicals that could impact the glycerite's quality. It's important to use a minimum of 50% vegetable glycerin and 50% water for shelf stability.

When using dried plant material, standard practice is to use a menstruum of 60% glycerin and 40% water. For example, 500 mL of menstruum would equate to 300 mL of glycerin ($500 \times 60\% = 300$) and 200 mL of water ($500 \times 40\% = 200$). For fresh plant material, a menstruum of 70% glycerin and 30% water is typically used. For example, 500 mL of menstruum would equate to 350 mL of glycerin ($500 \times 70\% = 350$) and 150 mL of water ($500 \times 30\% = 150$).

The following instructions outline a standard extraction method for making a glycerite. For more guidance on the heat extraction method, visit your Liquid Extracts lesson in your AMG library.

Tools & Ingredients:

Fresh or dried plant material

Vegetable glycerin

Filtered or distilled water

Spoon

Liquid measuring cup

Clean glass mason jar with lid

Fine mesh stainless steel strainer and/or cheesecloth or muslin cloth

Label & pen

Instructions:

- First, determine the amount of glycerite you want to create so you will know how much menstruum to prepare. Then, choose your menstruum ratio (60% glycerin and 40% water OR 70% glycerin and 30% water). Using a liquid measuring cup, measure out the calculated amount of glycerin and distilled water. Using a spoon, mix the menstruum until the solvent solution turns from cloudy to clear.
- Place your plant material in a glass mason jar. For fresh herbs, fill the jar about ½ full with plant material. For dried herbs, fill the jar ⅓ full.
- Pour in your menstruum and make sure the herbs are completely covered. Gently stir the mixture and make sure there are no air pockets. Let the mixture sit for a few minutes to ensure all the plant material is fully submerged in the menstruum.
- Screw the lid tightly on the jar.
- Allow it to infuse for about 4 weeks, then strain out the herbs using a fine mesh strainer and/or cheesecloth or a muslin cloth. I like to use both to finely strain the tincture. Using your hands, wring out the cloth to get all of the liquid extract out of the plant material.
- Make sure to label your glycerite container with its name, ingredients, and date.
- Store in a glass container away from direct heat or light in a cool, dark place and it should have a shelf life of 1-2 years.

How to Use Rosemary Glycerite:

You can use vegetable glycerine extracts internally or externally as an ingredient in topical herbal products. Topically, vegetable glycerine acts as an emollient, which means

that it's moisturizing to the skin. It's water and alcohol-soluble, meaning it works well as an ingredient in homemade body creams, sprays, hair care products, and more.

My favorite way to use Rosemary glycerite is by consuming it for digestive support, either taking it on its own or adding it into digestive tincture blends. Dosage varies depending on the herb, individual, and situation.

Honey Extract (Electuary)

Honey extracts, also known as electuaries or honey pastes, are classic, age-old medicinal remedies made by drying and powdering herbs, then adding them to honey and stirring thoroughly. Rosemary and honey are a delightful pairing, perfectly balancing the herb's earthy, slightly bitter notes with the natural sweetness of honey. Together, they create a harmonious blend of flavors that complement each other beautifully.

In honey extracts, typically only dried herbs are used since fresh herbs introduce a small amount of water to the honey which can greatly decrease shelf-life. Try to use raw, local honey if you can find it since honey in its unpasteurized and unprocessed form is packed with vitamins, minerals, and amino acids. Plus, your local honey is believed to help soothe allergy symptoms!

How to Make Rosemary Electuary:

Tools & Ingredients:

Dried Rosemary powder
Raw local honey
Clean glass mason jar

Instructions:

- Transfer your raw honey to a clean glass mason jar with plenty of room for you to mix and stir (about 2-3 inches should do).
- Add powdered Rosemary (you can use a coffee grinder or food processor to powder Rosemary needles if you need it) to the honey and stir until it forms a thick paste.
- Give it a taste - if it's too strong, add more honey, and if it's too weak, add more Rosemary. Keep going until you reach your desired flavor and consistency.
- Screw the lid on tightly and label the jar with the ingredients and date.

- Store it in the refrigerator to prolong shelf-life and it should keep for up to 1 year.

How to Use Rosemary Electuary:

Add your electuary into hot water to make instant hot tea or any recipes that call for honey. You can also simply eat it by the spoonful on its own for a delicious, medicinal treat!

Cordial

A cordial is a combination of an alcohol liquid extract and honey. They are traditionally made with brandy, but you can use other types of alcohol if you prefer, like vodka or gin. One of my favorite ways to work with Rosemary is by using the Rosemary flowers to make a divine Rosemary cordial. Picking the flowers is such a labor of love, but it is so worth it! The flowers have such a sweet nectar flavor to them. The Rosemary cordial is a beautiful way to weave the history and folklore of Rosemary into a medicinal and spiritually supportive herbal preparation.

To make a Rosemary cordial, you can use just Rosemary flowers, or the leaves, or both. When using fresh herbs, the shelf-life of the cordial will be about 1 year, but with dried herbs, it will last about 2 years.

How to Make Rosemary Flower Cordial:

Follow the instructions above for “How to Make a Rosemary Tincture,” substituting brandy as the alcohol ingredient. After straining, the sweetener is added. Traditionally, 1 part sweetener is added to 2 part alcohol liquid extract to make a cordial. Measure the volume of the tincture and add half that amount of sweetener.

I highly recommend using honey as your sweetener of choice, but you can also use maple syrup, sugar, rice syrup, or a different sweetener. Stir to combine your cordial and store in a labeled and sealed jar in a cool, dark place. You may store it in the refrigerator to extend the shelf-life.

How to Use Rosemary Flower Cordial:

Herbalist Nicholas Culpepper recommends using Rosemary cordial to support a heart that is grieving – a broken heart. I use Rosemary cordial for myself and my patients when they are walking through the process of grief. Think of cordials as a sweetened culinary herbal alcohol extract. They are delicious consumed all on their own, poured over ice, or

added to beverages like tea, hot toddies, sparkling water, or herbal mocktails and cocktails. Dosage varies depending on the herb, individual, and situation.

Safety/Contraindications

- **Dilution for Topical Use:** *Never* consume an essential oil or apply it directly to the skin. Always dilute an essential oil before using it topically. Do not attempt to use Rosemary essential oil at more than a 2% dilution.
- **Internal Use:** Always consult your doctor or herbalist when taking Rosemary tincture, as it is a much more potent form of medicine. There may be contraindications with various herbs that are easy to overlook and could potentially cause harm to your health when tinctures are consumed without proper guidance.
- **High Blood Pressure:** Avoid using Rosemary internally for long periods of time if you have high blood pressure.
- **Pregnancy and Nursing:** Do not use it during pregnancy or while breastfeeding.
- **Avoid with Children** under 2 years of age.

**The statements above have not been evaluated by the FDA, and are for educational purposes only. This document is not intended to diagnose, treat, cure, or prevent any disease. This document should not be taken as medical advice. Please consult your physician before you use this information for health purposes.*