

# MARJORAM

## ORIGANUM MAJORANA

Country of Origin: USA

Steam Distilled from flowering plant

Sweet Marjoram (*Origanum majorana*) is a steam-distilled oil drawn from the flowering plant, valued for its warm, herbaceous aroma and its strong affinity for the nervous system and muscular tension. Naturally rich in terpinenes and related compounds, it carries a deeply relaxing, restorative character, and is known for calming overactive thought patterns, easing physical tension, and supporting a more settled, balanced state.

Its aroma is soft, warm, and slightly spicy with a comforting herbal depth that feels grounding rather than stimulating. It is often used when the system is under stress, whether that shows up as mental overactivity, emotional strain, or tightness and discomfort in the body.

In both aromatic and traditional use, sweet marjoram has been regarded as a dual-action oil, both relaxing and strengthening at the same time. It works by easing excess tension while restoring internal steadiness, helping the system move out of strain and into a more supported, resilient state.

## FUNCTIONAL CONSTITUENTS

**Terpinen-4-ol** A primary alcohol in sweet marjoram, terpinen-4-ol contributes to its warm, herbaceous aroma. It is associated with calming the nervous system, supporting immune balance, and helping reduce physical and mental tension.

**Gamma-Terpinene** A monoterpene that adds a soft, slightly fresh edge to the oil. It is known for its antioxidant properties and helps support overall system balance while reinforcing the oil's calming influence.

**Sabinene** A monoterpene that contributes a subtle spicy undertone. It is associated with supporting muscle relaxation and helping reduce spasmodic tension, aligning with marjoram's traditional use for muscular and nervous system support.

**Clinical Studies:** <https://pmc.ncbi.nlm.nih.gov/articles/PMC6891654/>  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC12388215/>  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC6406666/>



## HOW WE SOURCE

Sweet marjoram oil is shaped by the quality of the plant and the conditions in which it is grown. We look for *Origanum majorana* cultivated in warm, stable climates where the flowering tops can develop a full, balanced aromatic profile.

The flowering plant is harvested at peak bloom, then steam distilled to preserve its volatile compounds. Because marjoram is valued for its softness and therapeutic balance, careful timing and handling are essential. We look for oil that is warm, smooth, and gently herbaceous with a soft spicy edge, never harsh, overly sharp, or lacking depth..

## OUR MARJORAM IS:

- ✓ Steam distilled from flowering plant
- ✓ Unrefined and not standardized
- ✓ Harvested at peak bloom
- ✓ Sourced for balance and softness
- ✓ Warm, smooth, and gently herbaceous

We look for oil that carries a soft, rounded herbal profile with a subtle spicy warmth, an indicator of proper harvest timing and careful distillation. Harsh, overly sharp, or thin oil signals poor handling or imbalance, and we avoid it.

## WHAT TO LOOK FOR VS. WHAT TO AVOID

### Look For:

- Steam distilled\*
- Warm, herbaceous aroma\*
- Soft, rounded profile\*
- Gentle, slightly spicy edge\*
- Stored in dark glass\*

### Avoid:

- Solvent extracted\*
- Harsh or sharp scent\*
- Flat or weak aroma\*
- Adulterated/extended oil\*
- Clear or plastic packaging\*

## HOW TO USE MARJORAM

Sweet marjoram is commonly used when the goal is calming the nervous system, easing muscular tension, and supporting a more relaxed, steady state. It fits best into aromatic, topical, and occasional internal use.

### Aromatic

Diffuse 2–4 drops or inhale directly. Often used to quiet overactive thinking and support a calm, settled mental state.\*

### Topical

Dilute with a carrier oil and massage into neck, shoulders, or areas of tension. Commonly used to ease tight muscles and support relaxation.\*

### Topical (Evening Use)

Apply diluted to chest or feet before rest. Often used to support deeper relaxation and a more restful sleep.\*

### Internal

Use sparingly in a capsule with a carrier (1 drop). Commonly used to support nervous system balance and overall relaxation.\*

## WHAT IT SUPPORTS

Sweet marjoram is traditionally used when the goal is calming the nervous system, releasing tension, and restoring a more balanced internal state. It supports:

- Reduction of nervous tension and overactive thinking\*
- Muscle relaxation and relief of tightness or spasms\*
- Emotional balance and stress response\*
- Support for restful sleep and deeper relaxation\*
- Overall system calm and steady regulation\*

Used consistently, it helps the body shift out of tension and into a more relaxed, supported state, promoting ease and balance.

## MARJORAM IN THE STILLROOM

Sweet marjoram has long been kept in the stillroom as a settling, releasing oil to be used when the system is holding tension, both mentally and physically. Distilled from the flowering plant of *Origanum majorana*, it is closely associated with calming overactive thought patterns, easing muscular tightness, and restoring a more relaxed, supported state.

It is often reached for during periods of stress, worry, or when the body feels tight, restless, or unable to fully unwind. This is not a stimulating or sharply sedating oil. It works with warmth, helping soften resistance, release held tension, and bring the system back into a more natural rhythm. Used in small amounts, it supports a deeper sense of ease without dulling awareness or responsiveness.

## MORE WAYS TO USE MARJORAM

### Evening Unwind Blend

Dilute and massage into neck and shoulders. Commonly used to release the day's built-up tension.\*

### Bedtime Diffusion

Diffuse in short intervals before sleep. Often used to quiet mental chatter and support deeper rest.\*

### Abdominal Comfort Rub

Dilute and apply to abdomen. Commonly used to ease cramping and support smooth muscle relaxation.\*

### Warm Compress for Tension

Add 1–2 drops to warm water and apply with a cloth. Often used to relax tight areas and encourage release.\*

### Pulse Point Calm

Apply diluted to wrists or behind ears. Commonly used to maintain a steady, relaxed state during stressful moments.\*

## CAUTIONS

- Safety Group 2: Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

