

ROSEMARY

PROJECT : SAMOILĂ MATEI



THE LEGEND OF ROSEMARY

- THE LEGEND OF ROSEMARY TELLS THAT WHEN THE VIRGIN MARY, FLEEING WITH BABY JESUS FROM HEROD'S SOLDIERS, STOPPED TO REST NEAR A ROSEMARY BUSH. SHE PLACED HER BLUE MANTLE OVER THE BUSH, AND THE NEXT DAY, THE ROSEMARY FLOWERS, WHICH WERE WHITE, TURNED BLUE. SINCE THEN, ROSEMARY HAS BEEN CONSIDERED SACRED AND ASSOCIATED WITH PROTECTION.
- ROSEMARY IS ALSO LINKED TO MEMORY, LOVE, AND FIDELITY. IN ANCIENT GREECE, STUDENTS WORE ROSEMARY WREATHS TO IMPROVE THEIR MEMORY, AND IN THE MIDDLE AGES, IT WAS USED IN WEDDINGS AS A SYMBOL OF LOYALTY AND ETERNAL LOVE.

WHAT DOES ROSEMARY HELP US WITH ?

- ROSEMARY HELPS US IN MANY WAYS. IT CAN STIMULATE COGNITIVE FUNCTIONS AND IMPROVE MEMORY, AND ITS AROMA HAS CALMING EFFECTS, REDUCING STRESS. ROSEMARY TEA CAN HELP ALLEVIATE DIGESTIVE ISSUES.
- IN THE KITCHEN, ROSEMARY IS USED TO ADD FLAVOR TO CULINARY DISHES, SUCH AS MEAT, SOUPS, AND SAUCES.
- FOR SKIN AND HAIR CARE, ROSEMARY ESSENTIAL OIL CAN TREAT ACNE AND STIMULATE HAIR GROWTH, IMPROVING SCALP HEALTH.
- IN AROMATHERAPY, ROSEMARY IS USED TO REDUCE MENTAL FATIGUE AND IMPROVE MOOD.