



EUROPEAN MEDICINES AGENCY
SCIENCE MEDICINES HEALTH

19 November 2025

EMA/HMPC/387788/2025

Committee on Herbal Medicinal Products (HMPC)

Assessment Report Summary for the Public (ARSP)

Rosemary oil

Rosmarinus officinalis L., *aetheroleum*

Other names:

BG (bulgarski): Розмариново масло	LT (lietuvių kalba): Rozmarinų eterinis aliejus
CS (čeština): rozmarýnová silice	LV (latviešu valoda): Rozmarīna ēteriskā eļļa
DA (dansk): Rosmarinolie	MT (Malti): żejt tal-klin
DE (Deutsch): Rosmarinöl	NL (Nederlands): Rozemarijolie
EL (elliniká): λιβανωτίδος (δενδρολιβάνου) αιθέριο έλαιο	PL (polski): Olejek eteryczny rozmarynowy
EN (English): Rosemary oil	PT (português): óleo essencial de alecrim
ES (español): romero, aceite esencial de	RO (română): ulei volatil de rozmarin
ET (eesti keel): rosmariiniõli	SK (slovenčina): silica rozmarínu
FI (suomi): rosmariiniöljy	SL (slovenščina): eterično olje navadnega rožmarina
FR (français): romarin (huile essentielle de)	SV (svenska): rosmarinolja
HR (hrvatski): ružmarinovo eterično ulje	IS (íslenska):
HU (magyar): rozmaringolaj	NO (norsk): rosmarinolje
IT (italiano): Rosmarino essenza	

Official address Domenico Scarlattilaan 6 • 1083 HS Amsterdam • The Netherlands

Address for visits and deliveries Refer to www.ema.europa.eu/how-to-find-us

Send us a question Go to www.ema.europa.eu/contact **Telephone** +31 (0)88 781 6000

An agency of the European Union



Introduction

This is a summary of the scientific conclusions reached by the Committee on Herbal Medicinal Products (HMPC) on the medicinal uses of Rosemary oil. It summarises the Committee's recommendations on the use of Rosemary oil.

The HMPC conclusions are taken into account by EU Member States when evaluating applications for the licensing of herbal medicines containing Rosemary oil. When a Member State authorises a medicine containing Rosemary oil, detailed instructions on how to take it will be available in the package leaflet that comes with medicine.

The information in this summary report concerns herbal medicinal products containing Rosemary oil which are only authorised when they comply with the strict pharmaceutical quality and other requirements for herbal medicinal products. They are approved by the competent authorities to be placed on the market as medicinal products. Other products, like food, food supplements, cosmetic products or medical devices do not follow the same criteria and regulatory requirements as medicinal products and are excluded from this summary.

What is Rosemary oil and what do Rosemary herbal medicines contain?

Rosemary oil is the common name for the essential oil obtained from the above ground part of the plant *Rosmarinus officinalis* L.

Medicinal products with Rosemary oil contain the essential oil of the above-ground part of the plant, in semi-solid form to be applied to the skin.

What are the medicinal uses of Rosemary oil?

Rosemary oil preparations have a traditional medicinal use for the **relief of minor muscular and articular pain, and in minor disorders of circulatory blood flow in the legs**. Traditional medicinal use means that the use in the specified indication is exclusively based upon long-standing medicinal use and not based on results from clinical studies.

When is it not recommended to use Rosemary oil?

You can find detailed instructions on how to take Rosemary oil medicines and who can use them in the package leaflet that comes with the medicine.

Do not use Rosemary oil:

- for children and adolescents **under 18 year** of age.
- if you are **pregnant or breast feed** your child.
- if you are **allergic** to the Rosemary plant.
- when you are known with heart or kidney diseases,

Do not apply around the eyes or the mucous membranes.

Consult a doctor:

- if there is inflammation of the skin with subcutaneous swelling, ulcers, sudden swelling of both legs together with redness and heat.
- if you suffer from a sudden sharp pain in the leg when at rest and stop the use of the medicinal product.
- if your symptoms worsen especially when articular pain together with swelling and/or redness of the joint, or fever occur.

Consult a doctor or a pharmacist if the symptoms persist or worsen longer than **4 weeks** during the use of the medicinal product.

What you need to know before taking Rosemary oil with other medicines?

No interactions with other medicines have been described in the literature at the time of assessment when using Rosemary oil with other medicines.

What are the risks associated with Rosemary oil medicines?

You may experience some side effects with Rosemary oil medicines.

You may get **hypersensitivity** reactions like contact dermatitis or causing difficulty in breathing like asthma.

The frequency of these undesirable effects is not known.

How does Rosemary oil work as a medicine?

The HMPC conclusions on the use of these Rosemary oil medicines for the relief **of minor muscular and articular pain and in minor peripheral circulatory disorders** are based on their **'traditional use'**.

This means that, although there is insufficient evidence from clinical trials, the effectiveness of these herbal medicines is plausible and there is evidence that they have been used safely in this way for at least 30 years (including at least 15 years within the European Union.)

How are herbal medicines containing Rosemary oil approved in the EU?

Any applications for the licensing of medicines containing Rosemary oil have to be submitted to the national authorities responsible for medicinal products. Before approval, the national authorities assess the quality, safety and efficacy of the herbal medicine. The HMPC conclusions are taken into account when evaluating applications for the licensing of herbal medicines.

Information on approved Rosemary oil medicines in EU Member States may be obtained from the relevant national authorities.

Further information

Further information on the HMPC scientific assessment of Rosemary oil medicines, including details of the Committee's conclusions, can be found under the tab 'Documents' on the Agency's website: [Rosmarini aetheroleum - herbal medicinal product | European Medicines Agency \(EMA\)](#).