

# Oregano Essential Oil



## Product Details

**Botanical Name:** *Origanum vulgare*

**Country of Origin:** Turkey

**Extraction Process:** Steam Distilled

**Part of the Plant Used:** Herb



**Description:** Oregano Essential Oil has a herbaceous, strong aroma. Originally grown in Greece, this plant has become valuable over the years and was highly sought after until it is now grown in most Southern European areas. Ancient Greeks would grind up the leaves of this herb to help with arthritis, pain, and even sea sickness. Chinese medicine would also apply ground up Oregano to relieve fever, vomiting, and diarrhea. Oregano Essential Oil is still used to help arthritis, upset stomach, and pain to this day.

**Common Uses & Benefits:** Oregano has been traditionally used to help respiratory tract infection, colds, flu, rheumatism, muscular aches and pains, and acne.

**Therapeutic Properties:** Analgesic, Antibacterial, Antiseptic, Antiviral, Monoterpene, Phenol, Stimulant.

**Directions:** Recommended to properly blend in a carrier oil prior to topical applications. We recommend a dilution no greater than 1%. Patch test before use in case of sensitivity.

### Blends Well With:

Geranium, Cajeput, Thyme, Marjoram, Scotch Pine, Dill Weed.

**Cautions:** Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician.

These statements and products have not been evaluated by United States Food and Drug Administration and are not approved to diagnose, treat, cure, or prevent disease. The information given is not intended as a substitute for advice from your physician or other health care professional. Please also note the difference between herbs, natural foods, and essential oils.

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