

Thyme Essential Oil



Product Details

Botanical Name: *Thymus vulgaris*
Country of Origin: Spain
Extraction Process: Steam Distilled
Part of the Plant Used: Herb



Description: Thyme Essential Oil has a herbaceous, strong aroma. Thyme is one of the most used herbs in the world with usage dating back to ancient Egypt. Many ancient cultures would use it in their rituals, such as rubbing thyme on the body before the mummification process, or Romans would eat this herb before eating to avoid poisoning. It was widely used in ancient medicine as well. They believed it to have pain relieving abilities, poison curing abilities, and even to stop black death. Thyme Essential Oil is just as beneficial with its many therapeutic properties it has been used to help pain, congestion, cold, and flu symptoms.

Common Uses & Benefits: Thyme has been traditionally used to help flu, coughs, colds, rheumatism, acne, arthritis, cold limbs, congestion, and sore throat.

Therapeutic Properties: Analgesic, Antifungal, Antiseptic, Antispasmodic, Expectorant, Monoterpene, Monoterpenol, Stimulant.

Directions: Recommended to properly blend in a carrier oil prior to topical applications. Patch test before use in case of sensitivity.

Blends Well With:

Scotch Pine, Bergamot, Lavender, Lemon, Marjoram, Geranium.

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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