

# Oregano

*Origanum vulgare* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** **A** **T** **I** **D**

**Plant Part:** Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Herbaceous, sharp, green, camphoraceous

**Main Chemical Components:** Carvacrol, thymol

## Oregano

*Origanum vulgare* 15 mL

Part Number: 30181813

Wholesale: \$25.44 CAD

Retail: \$33.92 CAD

PV: 25.44

## PRODUCT DESCRIPTION

Oregano is one of the most potent and powerful essential oils and has been used for centuries for its varied benefits. In addition to being a popular cooking spice, Oregano acts as an enhancer and equalizer in essential oil blends.

## USES

### Cosmetic

- Combine one drop with shampoo to soothe dry scalp and enhance cleansing.
- Mix one drop with Fractionated Coconut Oil and rub into hands as a cleansing agent.
- Blend one drop with Fractionated Coconut Oil and apply to chest for a soothing massage.
- Dilute with Fractionated Coconut Oil and apply to cuticles and nailbeds to maintain healthy-looking fingernails and toenails.

### Food

- Replace one tablespoon of dry oregano with one drop in Italian dishes.

### Household

- Add to a spray bottle of water to clean tables, countertops, and other surfaces.
- Diffuse with Peppermint and Lime, for an invigorating aroma during cold months.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



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