

Thyme

Thymus vulgaris 15 mL

dōTERRA® | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I D

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Warm, herbaceous, floral, powdery

Main Chemical Component and Chemotype: Thymol, para-cymene, γ -terpinene

Thyme | *Thymus vulgaris* 15 mL

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Description

Thought to impart courage to its bearer, Thyme was given to knights and warriors before they went into battle by ladies of the Middle Ages. During this same period, Thyme was often placed beneath pillows to help promote a peaceful sleep and to ward off nightmares. The ancient Greeks used Thyme in their baths and burned it as an incense in their temples while the Egyptians used it in their traditional ceremonies. Today, Thyme is commonly used as a seasoning, but it also produces a potent essential oil that has cleansing effects for the skin; however, due to its high thymol content, Thyme should be diluted with a carrier oil before application.

Uses

Cosmetic

- + Add to shampoo for youthful-looking hair.
- + Add five drops to a warm footbath to improve feet's appearance.
- + Combine with 120 mL of water and gargle to freshen breath.
- + Incorporate with Fractionated Coconut Oil for a soothing chest massage.
- + Dilute with Fractionated Coconut Oil then apply to targeted areas to clean skin.

Food

- + Add two to three drops as a flavoring in marinades.

Household

- + Use in an all-purpose spray to clean surfaces.

Directions

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 120 mL oz. of liquid.

Topical use: When used topically, dilute 1 drop with 5-10 drops of carrier oil to minimize skin sensitivity.

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.