

Thyme

Thymus vulgaris 15 mL

dōTERRA™

PRODUCT INFORMATION PAGE



Application:



Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description:

Warm, herbaceous, floral, powdery

Main Chemical Component and Chemotype:

Thymol, para-cymene, γ -terpinene

PRIMARY BENEFITS

- Cleansing effect for the skin.
- Calming aroma.

Thyme

Thymus vulgaris 15 mL

Part Number: 30221813

Wholesale: \$29.15

Retail: \$38.87

PV: 29.15



PRODUCT 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. Today, Thyme is commonly used as a seasoning, but it also provides cleansing and clarifying effects for the skin. However, due to its high phenol content, Thyme should be diluted with dōTERRA Fractionated Coconut Oil before application.

USES

- Use 1–2 drops in meat and entrée dishes to add a fresh herbal flavor.
- Dilute with Fractionated Coconut Oil then apply to targeted areas on the skin to cleanse and promote healthy-looking skin.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Dilute one to two drops with dōTERRA Fractionated Coconut Oil then apply to desired area. See additional precautions below.

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.