

Thyme

Thymus vulgaris 15 ml

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PRODUCT INFORMATION PAGE



CPTG™

PRIMARY BENEFITS

- Has a fresh, herbal flavour.
- Thyme essential oil enhances your favorite savoury meals and can be used to replace dried Thyme.
- Great for meat marinades, savoury entrées, breads and more!

PRODUCT DESCRIPTION

In the Middle Ages, Thyme was given to knights and warriors before they went into battle because it was thought to impart courage to its bearer. The ancient Greeks used Thyme in their baths and burned it as an incense in their temples, while the Egyptians used it in traditional ceremonies. Now, Thyme is known as a popular cooking herb and can be found in households across the world. Try adding Thyme essential oil to meat marinades and savoury entrées for a fresh, herbal flavour!

USES

- Use 1-2 drops in meat and entrée dishes to add a fresh herbal flavour.
- Always keep a bottle of Thyme oil in your kitchen cabinet.
- Use as a replacement for dried or fresh Thyme.

COOKING WITH THYME

Essential oils are very potent compared to dry seasonings, spices, or other flavouring agents, so even the tiniest amount can add a serious blast of flavour to your dish. When using Thyme essential oil in cooking, it is best to use the toothpick method – dip the tip of a clean toothpick into the essential oil bottle and stir the toothpick into your ingredients. After you've stirred the toothpick around in the dish, do a taste test to see if additional oil should be added.

DIRECTIONS FOR USE

For food flavouring.

CAUTIONS

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Keep out of eyes, inner ears, face, sensitive areas, and mucosa. In case of skin contact, dilute generously with a carrier oil.

