

OREGANO

Origanum vulgare 15 mL

Herbaceous, sharp, green, camphoraceous

Aromatic description

PRIMARY BENEFITS

- Oregano is used extensively in Mediterranean cooking. Add one drop of Oregano essential oil in place of dried Oregano to spaghetti sauce, pizza sauce, or on a roast.
- Oregano essential oil contains antioxidants known to reduce the damage caused by free radicals.

PRODUCT DESCRIPTION

Oregano is one of the most potent and powerful essential oils and has been used for centuries in traditional practices.

The primary chemical components of Oregano is carvacrol. Due to its high phenol content, caution should be taken when inhaling or diffusing Oregano; only one to two drops is needed.

Oregano is a popular cooking spice and Oregano essential oil is an ideal substitute in recipes.

USES

- Put one drop in place of dried oregano in spaghetti sauce, pizza sauce or on a roast.

- Diffuses well with Lemon, Rosemary, Peppermint and Cypress Essential Oils.

DIRECTIONS FOR USE

DIFFUSION: Use one to two drops in the diffuser of choice.

FOOD FLAVOUR USE: Dilute one drop in food or liquid.

Tip: Oregano has a strong flavour and you may want to add using a toothpick.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.
Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Leaf

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Carvacrol, thymol



Certified Pure Tested Grade

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