

# 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,  $\gamma$ -terpinene

## 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 while the Egyptians used it in their embalming rites. Today, Thyme is commonly used as a seasoning, but it also produces a potent essential oil that has cleansing and purifying effects for the skin; however, due to its high thymol content, Thyme should be diluted with dōTERRA Fractionated Coconut Oil before application. Thyme has specific chemistry that help supports a healthy immune system.

## USES

- Use to naturally repel insects.
- Dilute with Fractionated Coconut Oil then apply to targeted areas on the skin to purify and promote healthy-looking skin.
- Add Thyme essential oil to your favorite daytime diffuser blend to promote a sense of alertness.

## PRIMARY BENEFITS

- Has a stimulating aroma
- Cleansing and purifying effect for the skin
- May benefit immune system and health
- Naturally repels insects

## DIRECTIONS FOR USE

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

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. 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.

