

Thyme

Thymus 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: **A T I D**

Plant Part: Leaf from *Thymus zygis* and *vulgaris*

Extraction Method: Steam distillation

Aromatic Description: Warm, herbaceous, flowery

Main Chemical Composition: Thymol, paracymene

Thyme | *Thymus* 15 mL

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Primary Benefits

- + Provides a warm, spicy aroma
- + Promotes healthy-looking skin when used in a carrier oil
- + May help support a healthy immune response when taken internally*
- + Delivers herbal flavor to culinary dishes

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 before rest. Sold both fresh and dried, thyme has a history of use in wellness practices but is mostly known as a spice in culinary dishes. Warm and herbaceous, CPTG® Thyme essential oil contains thymol, a chemical constituent preclinical studies indicate may be helpful in skin care and in oral hygiene. Because of its high thymol content, Thyme should always be diluted with a carrier oil before topical application.

Uses

- + Take internally to help support a healthy immune response.*
- + Dilute with a carrier oil and apply topically to promote healthy-looking skin.
- + Diffuse to freshen the air.
- + Add to recipes for a fresh herbal flavor.

Directions

Aromatic use: Add three to four drops in the diffuser of your choice.

Topical use: Dilute one drop essential oil with 10 drops of carrier oil to minimize any skin sensitivity. See additional precautions below.

Internal use: Dilute one drop in four fluid ounces of water.

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, face, and sensitive areas.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.