

Oregano

Origanum vulgare 15 mL

dōTERRA | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I D

Plant Part: Leaf

Extraction Method: Steam Distillation

Aromatic Description: Sharp, green, herbal,
camphoraceous

Chemical Composition: Carvacrol, thymol

Oregano | *Origanum vulgare* 15 mL

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Primary Benefits

- + Has a sharp, pungent, herbal aroma
- + Contains strong topical cleansing properties
- + Provides a fortifying aroma during a massage
- + Adds a classic herbal flavour to recipes

Description

Although it is best known as a popular cooking herb, the uses of Oregano essential oil extend far beyond the kitchen. Oregano is among the most potent and versatile of all essential oils and has been used for centuries in traditional practices.

Oregano essential oil is one of the most potent topical cleansing agents among all essential oils thanks to its high concentration of phenols carvacrol and thymol. These compounds also give Oregano a powerful, fortifying aroma, which can be best experienced by using a drop during a soothing chest massage or by applying it to the bottoms of feet. Alternately, you can use Oregano on cuticles to promote healthy-looking nail beds. The delicious, herbal flavour of Oregano oil can also be used to substitute or enhance the taste of fresh and dried oregano in your favourite kitchen recipes.

Because of its potency, use caution when inhaling or diffusing Oregano essential oil, using only one to two drops, and always dilute when applying to the skin.

Uses

- + Dilute with a carrier oil and apply to the bottoms of feet.
- + Dilute with a carrier oil and apply to cuticles to maintain healthy-looking nailbeds.
- + Use Oregano oil's strong, herbal aroma to enhance and equalize essential oil blends
- + Use one drop of Oregano oil to replace or enhance the flavour of dried oregano in home cooking.

Directions

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

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

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

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.