

Summer Savory

Satureja hortensis 5 mL

dōTERRA® | CANADA

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: **A** **T** **I** **D**

Plant Part: Plant

Extraction Method: Steam distillation

Aromatic Description: Spicy, herbaceous

Main Chemical Components: Carvacrol, γ -terpinene

Summer Savory

Satureja hortensis 5 mL

PRODUCT DESCRIPTION

Throughout ancient Egypt, the dried summer savory herb was powdered and used in various ways. Today, it is common to find this peppery and piney herb in cuisines worldwide. The inventive uses of summer savory throughout the world make it a diverse and powerful plant. Chemically similar to Oregano, Summer Savory essential oil has a warm, herbaceous aroma, making it the perfect addition to herbal and tonic blends. This essential oil is high in antioxidants and carvacrol content, which make it extremely beneficial when used internally. Due to its high phenol content, caution should be taken when inhaling or diffusing Summer Savory. When applied to the skin, Summer Savory should be diluted at a 1:10 ratio with a carrier oil.

USES

Food

- Add one drop to large dishes for a flavorful twist.
- Dip toothpick in bottle and stir into meals during preparation for a light flavor addition.

Household

- Diffuse for a calming aroma.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Dilute 1 drop essential oil to 10 drops carrier oil.

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.

