**PRODUCT DESCRIPTION**

Oregano is one of the most potent essential oils and has been used for centuries in traditional practices. Extracted from the fragrant leaves of the oregano plant, Origanum vulgare, Oregano essential oil has made its way into cookbooks and cabinets around the world. The primary chemical component of Oregano is carvacol, a phenol, which makes it one of the most versatile and powerful essential oils. Applied topically, Oregano should be diluted with a carrier oil.

**USES**

- Put one drop in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast.
- Combine Oregano essential oil and Peppermint essential oil with carrier oil for a warming massage.
- Create your own hand soap by mixing liquid castile soap, water, and a few drops of Oregano.

**DIRECTIONS FOR USE**

- **Diffusion:** Use three to four drops in the diffuser of choice.
- **Food additive use:** Dilute one drop in 125 ml of liquid.
- **Topical use:** For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop 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, and sensitive areas.