

Oregano

Origanum vulgare 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



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

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, sharp, green, camphoraceous

Main Chemical Components: Carvacrol, thymol

PRIMARY BENEFITS

- Powerful cleansing and purifying functions
- Used in cooking

PRODUCT DESCRIPTION

Oregano is one of the most potent and powerful essential oils and has been used for centuries in traditional practices. The primary chemical components of Oregano is carvacrol, a phenol that possesses antioxidant properties when ingested. Due to its high phenol content, caution should be taken when inhaling or diffusing Oregano; only one to two drops is needed. Additionally, Oregano should be diluted with a carrier oil when applied to the skin. Oregano is a popular cooking spice. Oregano's aroma acts as an enhancer and equalizer in essential oil blends.

USES

- Add one to two drops to a veggie capsule.
- Put one drop in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast.

DIRECTIONS FOR USE

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

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

Topical use: Dilute one to two drops with a carrier oil then apply to desired area. 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.

