

# Thyme

Thymus vulgaris 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T I D

**Plant Part:** Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Warm, herbaceous, floral, powdery

**Main Chemical Components:** Thymol, p-cymene

## PRIMARY BENEFITS

- Used in cooking

## PRODUCT 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 to help promote a peaceful sleep and to ward off nightmares. The ancient Greeks used Thyme in their baths and burned it as an incense in their temples while the Egyptians used it in their traditional ceremonies. Today, Thyme is commonly used as a seasoning, but it also produces a potent essential oil that has cleansing and purifying effects for the skin; however, due to its high thymol content, Thyme should be diluted with a carrier oil before application.

## USES

- Add 2 drops to veggie capsules and take during winter time.
- Apply topically before gardening.
- Use 1–2 drops in meat and entrée dishes to add a fresh herbal flavor.
- Dilute with a carrier oil then apply to targeted areas on the skin to purify and promote healthy-looking skin.

## 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.

