

Thyme

Thymus vulgaris 15 mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade™

With a specific chemistry that supports a healthy immune system when used internally, Thyme oil is a potent, warm essential oil that holds powerful cleansing and purifying properties.

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Warm, herbaceous, floral, powdery

PRIMARY BENEFITS

- Add a fresh herbal flavor
- Take internally to support a healthy immune system

Thyme

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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.

DIRECTIONS FOR USE

Diffusion:

Use three to four drops in the diffuser of choice.

Internal use:

Dilute one drop in 120 ml of liquid.

Use one to two Thyme oil drops in meat and entrée dishes to add a fresh herbal flavor.

Always keep a bottle of thyme essential oil in your kitchen cabinet. It is recommended and worthwhile to use in cooking and replace the dried thyme with thyme essential oil.