

Thyme

Essential Oil Blend 15 ml

dōTERRA® | INDIA

Product Information Page



Application: A I S

Plant Part: Leaf from *Thymus zygis* and *vulgaris*

Extraction Method: Steam distillation

Aromatic Description: Warm, herbaceous, flowery

Main Chemical Composition: Thymol, paracymene

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SKU: 60222444

Primary Benefits

- + Provides a warm, spicy aroma
- + May help support a healthy immune response when taken internally*
- + Delivers herbal flavor to culinary dishes

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 before rest. Sold both fresh and dried, thyme has a history of use in wellness practices but is mostly known as a spice in culinary dishes. Warm and herbaceous, CPTG® Thyme essential oil contains thymol, a chemical constituent preclinical studies indicate may be helpful in oral hygiene.

Uses

- + Take internally to help support a healthy immune response.
- + Diffuse to freshen the air.
- + Add to recipes for a fresh herbal flavor.

Directions

Aromatic use: Add three to four drops in the diffuser of your choice.

Internal use: Dilute one drop in 120 ml of water.

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.

*These statements have not been evaluated by the Food Safety and Standards Authority of India. This product is not intended to diagnose, treat, cure, or prevent any disease.