

Oregano

Origanum vulgare 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **Plant Part:**



Leaf

Extraction Method:

Steam distillation

Aromatic Description:

Herbaceous, sharp, green, camphoraceous

Main Chemical Components:

Carvacrol, thymol, para-cymene, γ -terpinene

PRODUCT DESCRIPTION

Oregano is one of the most potent and powerful essential oils and has been used for centuries in traditional health practices for its cleansing properties. The primary chemical components of Oregano are carvacol and thymol, both in the phenols group, which possess cleansing properties. 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 dōTERRA Fractionated Coconut Oil when applied to the skin. Oregano blends well with Bergamot, Cedarwood, Cinnamon, Clove, Eucalyptus, Frankincense, Ginger, Lavender, Lemon, Rosemary, and Thyme.

USES

- Add a few drops of Oregano to dōTERRA Fractionated Coconut Oil as part of a soothing massage.
- Diffuse two to three drops in the diffuser of your choice to help purify the air.
- Dilute Oregano essential oil with dōTERRA Fractionated Coconut Oil and apply to the skin or to distressed toenails.

PRIMARY BENEFITS

- Used as a powerful cleansing and purifying agent
- Promotes a clean and healthy mouth when used topically
- Supports a healthy immune system
- Oregano's aroma acts as an enhancer and equalizer in essential oil blends.

DIRECTIONS FOR USE

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

Topical use: Dilute one to two drops with dōTERRA Fractionated Coconut 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.

