

OREGANO

ORIGANUM VULGARE 15 ML



PRIMARY BENEFITS

- OREGANO IS A POPULAR COOKING HERB.

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. Due to its high phenol content, caution should be taken when inhaling or diffusing Oregano; only one to two drops is needed. Oregano is a popular cooking spice and Oregano essential oil is an ideal substitute in recipes.

USES

- Put one drop in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast.
- Diffuses well with Lemon, Rosemary, Peppermint and Cypress Essential Oils.

DIRECTIONS FOR USE

Diffusion: Use one to two drops in the diffuser of choice.

Food flavour use: Add 1 or 2 drops to food.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. Avoid contact with eyes, inner ears, and sensitive areas. If you are pregnant, nursing, or under a doctor's care, consult your physician.

PLANT PART: Leaf

EXTRACTION METHOD: Steam distillation

AROMATIC DESCRIPTION: Herbaceous, sharp, green, camphoraceous

MAIN CHEMICAL COMPONENTS: Carvacrol, thymol

