

# THYME

*Thymus vulgaris 15 mL*

*Warm, herbaceous, floral, powdery*

*Aromatic description*

## PRIMARY BENEFITS

- Adds flavour to food.
- Diffuse to add a refreshing aroma to your home.

## 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.

## USES

- Add one to two drops to flavour food or drink.

- Use when gardening or bush walking.
- Use one or two drops in slow cook or main meals to add a fresh herbal flavour.

**PLANT PART:** Leaf

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Thymol, para-cymene, carvacrol

## DIRECTIONS FOR USE

**DIFFUSION:** Use three to four drops in the diffuser of choice.

**FOOD FLAVOUR USE:** Add one or two drops to food.

## CAUTIONS

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



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