

THYME

THYMUS VULGARIS 15 ML



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 1-2 drops in slow cook or main meals to add a fresh herbal flavour.

DIRECTIONS FOR USE

Diffusion: Use three to four 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: Warm, herbaceous, floral, powdery

MAIN CHEMICAL COMPONENTS: Thymol, para-cymene, carvacrol

