

Oregano

Origanum vulgare 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A | T | D

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, sharp, green, camphoraceous

Main Chemical Components: Carvacrol, thymol

PRIMARY BENEFITS

- Promotes a clean and healthy mouth when used topically
- Helps the skin look healthy
- Oregano's aroma acts as an enhancer and equalizer in essential oil blends
- Use on surface as a powerful cleansing and purifying agent

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 skin-cleansing properties. The primary chemical components of Oregano are carvacrol 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

- Dilute Oregano essential oil with dōTERRA Fractionated Coconut Oil and apply to the skin or to distressed toenails.
- Add one drop of Oregano to 10 drops of dōTERRA Fractionated Coconut Oil as part of a soothing massage.
- Diffuse 2-3 drops in the diffuser of your choice to help purify the air.
- Put 10 drops in a 480 ml. spray bottle with water for a surface cleaner.

DIRECTIONS FOR USE

Topical use: Apply one to two drops to desired area. For every drop of Oregano, dilute with 10 drops of dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

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

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.

