

Summer Savory

Satureja hortensis 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A | T | D

Plant Part: Plant

Extraction Method: Steam distillation

Aromatic Description: Spicy, herbaceous

Main Chemical Components: Carvacrol,
γ-terpinene

PRIMARY BENEFITS

- Herbaceous aroma

PRODUCT DESCRIPTION

Used throughout ancient Egypt, the dried summer savory herb was powdered and used in various tonics. The inventive uses throughout the world of summer savory have prompted the various uses in today's modern practice. Due to its high phenol content, caution should be taken when inhaling or diffusing Summer Savory; only one to two drops is needed. Additionally, Summer Savory should be diluted with a carrier oil when applied to the skin. Summer Savory essential oil has a warm and herbaceous aroma similar to that of Oregano and Thyme.

USES

- Diffuse or apply topically to calm the mood
- Apply topically to support healthy looking skin

DIRECTIONS FOR USE

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

Topical use: Dilute 1 drop essential oil to 10 drops carrier oil.

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, face, and sensitive areas.

