

Thyme

Oil Natural Flavor 15 mL

dōTERRA®

Product Information Page



CPTG

Application: I | D

Plant Part: Leaf from *Thymus zygis* and *vulgaris*

Extraction Method: Steam distillation

Aromatic Description: Warm, herbaceous, spicy

Main Chemical Composition: Thymol, paracymene

Primary Benefits

- + Provides a warm, spicy aroma
- + Delivers herbal flavor to culinary dishes

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 before rest. Sold both fresh and dried, thyme has a history of use in wellness practices but is mostly known as a spice in culinary dishes. Thyme is commonly used as a seasoning.

Uses

- + Add to recipes for a fresh herbal flavor.

Directions

Internal use: Dilute one drop in four fluid ounces of water.

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.