**PRODUCT DESCRIPTION**
Thyme was once thought to impart courage to its bearer. British knights and warriors used Thyme 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 ward off nightmares. The ancient Greeks used Thyme in their baths and burned it in their temples while the Egyptians used it in their traditional ceremonies. Today, Thyme is commonly used as a seasoning, but it also produces a potent essential oil that has cleansing and purifying effects for the skin; however, due to its high thymol content, Thyme should be diluted with a carrier oil before application. Experimental research suggests that internal use of Thyme essential oil may benefit the immune system, due at least in part to the thymol and carvacrol content.

**USES**
• Add two drops to veggie capsules and take during winter time to support a healthy immune system.
• Use when gardening to naturally repel insects.
• Use one to two drops in meat and entrée dishes to add a fresh herbal flavor.
• Dilute with a carrier oil then apply to targeted areas on the skin to promote healthy-looking skin.

**DIRECTIONS FOR USE**
**Diffusion:** Use three to four drops in the diffuser of choice.
**Internal use:** Dilute one drop in four fluid ounces of liquid.
**Topical use:** To apply topically, dilute 1 drop essential oil to 10 drops carrier oil. See additional precautions below.

**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.

**APPLICATION:** A T I D
**Plant Part:** Leaf
**Extraction Method:** Steam distillation
**Aromatic Description:** Warm, herbaceous, floral, powdery
**Main Chemical Components:** Thymol, para-cymene