



## Thyme Essential Oil, SPAIN, ORGANIC

**Botanical Name :** thymus vulgaris  
**Country of Origin:** Spain  
**Extraction Method:** Steam Distillation  
**Plant Part:** N/A  
**Strength of Aroma:** N/A  
**Caution:** N/A



### Description:

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Thyme is basically a Mediterranean herb which is used for medically, dietary, and ornamental uses. The flowers and leaves of this thyme oil have been used to treat various symptoms and complaints. It includes diarrhea, stomach ache, arthritis, and sore throat.

Thyme Essential Oil helps in killing dangerous infections and increases the blood circulation also balances the hormones. Thyme oil comes from the perennial herb which is basically known as *Thymus vulgaris*. Thyme oil is antiseptic, hypertensive, antibacterial, antispasmodic, and has calming properties.

### Direction:

## Popular Uses of Thyme Essential Oil;

- Use 1–2 drops in meat and entrée dishes to add a fresh herbal flavor.
- Dilute with fractionated coconut oil then apply to targeted areas on the skin to purify and promote healthy skin.
- Add 2 drops to veggie capsules and take during winter time to promote immunity.
- Here are some easy ways to use thyme oil in your everyday life:
- To ease fatigue, add 2 drops of thyme oil to warm bath water.
- To relieve menstrual cramps, rub 2 drops of thyme oil with an equal parts carrier oil on your abdomen.
- To use as a mouthwash, add 2 drops of thyme oil to water and gargle.

Thyme oil should not be applied directly on the skin, as it can cause sensitization. It must be first diluted with a carrier oil (like olive oil or almond oil). Since thyme oil can be used to increase circulation, it should be avoided by people with high blood pressure

## BlendsWellWith:

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N/A

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