



Oregano

Origanum Vulgare Essential Oil

Oregano is a highly popular cooking spice, yet also can be used as a powerful cleansing agent and offers powerful antioxidants which expands its uses.

Size: 15ml

Size: 5ml

APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

Primary Benefits

Used as a powerful cleansing and purifying agent, supports a healthy immune system, supports healthy digestion and respiratory function, provides powerful antioxidants.

Directions for Use

Diffusion: Use three to four drops in a diffuser

Internal use: Dilute one drop in 4 fl. oz. of liquid

Topical use: Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

Aromatic Description

Herbaceous, sharp, green, camphoraceous

Collection Method

Steam Distillation

Plant Part

Leaf

Main Constituents

Carvacrol, thymol

Description

Oregano is a very hot, powerful essential oil. It has been used for centuries for its cleansing and immune-supporting properties. Oregano has many antioxidant properties, which make it an ideal oil to use during environmental threats. Because of its strong heat, oregano should always be diluted with Spark Naturals Carrier Oil. Caution should also be taken when inhaling or diffusing; only one to two drops is needed. You can take one drop of Oregano essential oil daily when seasonal or environmental threats are high or as needed to further aid the immune system. Oregano also supports healthy digestion and can enhance and equalize other essential oils when used in blends. It can also help to support healthy respiratory function when taken internally. Oregano is a very popular cooking spice.

Uses

- Take one drop in a veggie cap daily to maintain a healthy immune system
- Add one to two drops to a veggie cap to support healthy respiratory function
- Put one drop in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast
- Put 10 drops in a 16 oz. spray bottle with water for a surface cleaner
- Apply to bottoms of feet for kids dealing with seasonal or environmental threats

Properties

Antiviral, Antibacterial, Antifungal, Anti Allergenic, Anti Oxidant, Anti Inflammatory, Anti parasitic, Digestive

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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