Oregano
Origanum Vulgare Essential Oil

Oregano is a highly popular cooking spice, yet also can be used a 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.

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 if 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.

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

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

*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.