



Thyme

Thymus Vulgaris Essential Oil

Thyme is wonderfully supportive to the immune system and has many cleansing and purifying properties, while also aiding in concentration and focus.

Size: 15ml

Size: 5ml

APPLICATION METHODS:  Can be used topically  Can be used internally  Can be used aromatically

Primary Benefits

Support a healthy and strong immune system, strengthens the nerves, aids memory and concentration, cleansing and purifying to the skin

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

Warm, herbaceous, sweet, floral

Collection Method

Steam Distillation

Plant Part

Leaf

Main Constituents

Thymol, para-cymene, gamma-terpinene

Description

In the Middle Ages, Thyme was given to soldiers by women before they went into battle. Thyme is a very warm oil and should always be diluted with a carrier oil when applied topically. Thyme oil strengthens the nerves, aids memory and concentration, and can help with feelings of exhaustion and depression. It also fortifies the lungs and aids respiratory function and illness. It is a very strong oil that benefits the immune system and can help fight colds, flu, infectious diseases, and chills. Thyme also helps with poor circulation and muscular aches and pains.

Uses

- Diffuse to help with coughs, respiratory problems, and muscular aches and pains
- Add a few drops to a veggie cap daily during winter months to support a healthy immune system
- Add to carrier oil to assist with arthritis, coughs, gout, bruises, and eczema
- Dilutes as a mouthwash or gargle, thyme can help with gum infections and tonsillitis
- Use when cooking
- Dilute with carrier oil and apply to skin to promote healthy looking skin

Properties

Antiseptic, Anti-Spasmodic, Bactericidal, Carminative, Diuretic, Emmenagogue, Expectorant, Insecticide, Stimulant

**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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