



THYME Essential Oil (Red)

Botanical Name: *Thymus vulgaris*.

Main Constituents:

Thymol: 35 - 50%

p-Cymene: 15 - 32%

Gamma Terpinene: 5 - 15%

Carvacrol: 2 - 9%

Plant Part: Leaves and stems.

Origin: India

Processing Method: Steam Distilled.

Child Safe: No

Description / Colour / Consistency: A moderately viscous but clear, pale yellow liquid.

Aromatic Summary / Note / Strength of Aroma: A top note with a strong aroma, Red Thyme has a woody, medicinal scent described as both sharp and warming.

Blends Well With: [Bergamot](#), [Grapefruit](#), [Lemon](#), [Lavender](#), [Rosemary](#) and [Pine](#).

Thyme is an evergreen perennial shrub that grows up to 45 cm (18 inches) in height. It has a woody root system with a multi-branched stem, small elliptical greenish-gray leaves and pale purple or white flowers. Thyme is derived from the Greek word thymos that means 'perfume'. It was used in herbal medicines by the ancient Greeks, Egyptians and Romans, as incense in Greek temples, and in embalming by the Egyptians. During the Middle Ages it was given to jousting knights for courage, and a sprig of thyme was later carried into courtrooms to ward off diseases (as well as to freshen the air).

Cautions: Red Thyme contains a high amount of toxic phenols (carvacrol and thymol) that can irritate mucus membranes, and must be diluted well before use. Avoid use if under the care of a physician.

NOTE: This oil may form crystals during transit or storage. Gentle warming in a hot water bath and stirring may be required.

Thyme is considered to be the superstar of the herb garden because one of its important roles is that it is an antidote for poison and prevents diseases brought by plagues.

About Thyme: Firstly, it is important for me to stress that red and white thyme are both still derived from the same herb and are both manufactured in the same way. Generally, the steam distillation process is used to extract the essential phytonutrients of standard thyme organic matter (the natural name for the shrub occurring in nature is 'red thyme').

So after 1 distillation process, you are left with red thyme essential oil. This liquid is highly concentrated and contains all of the compositions that the plant has, but in high amounts (because of the



concentration of the oil).

Because of the high concentration of red thyme essential oil, we highly recommend not using it if you're pregnant or on young children under the age of 6. Even though the oil is regarded as non-toxic and has minimum risk attached to it, overuse may cause skin irritation or headaches – so it's also important to patch test the oil to make sure that your skin doesn't react negatively to the oil (which is rare, but better to be on the safe side).

White thyme essential oil is a further distillation of the red thyme essential oil. So, in other words, you distill the organic matter once in order to receive the raw, red thyme essential oil. From there, the oil is distilled once more in order to produce a thinner product that is less concentrated, but also less potent than red thyme essential oil.

The difference between the products is that I would recommend red thyme oil for more intensive treatments and specifically topical application (or internal use, in very controlled and regulated amounts), and white essential oil for everyday use and aromatherapy. The choice is really up to you, but they're basically the same product in different grades.

Applications

Immune support: Thyme ct. thymol and carvacrol are highly anti-infectious and immune supportive.

Infection: Thyme ct. thymol is useful in blends for preventive control of infection.

Pain and inflammation: Thyme ct. thymol is a very useful addition to topical blends for pain and inflammation. It is also a rubefacient and brings a feeling of warmth to painful joints and muscles, it may also reduce swelling. However, it is an irritant, so it should be used in low concentration (no more than 1%) with non-irritant oils such as Lavender, Rosewood, and Geranium.

Respiratory: Thyme is an excellent antispasmodic, antimicrobial, and anti-inflammatory oil, and is an excellent addition to blends for respiratory congestion, spasm, and infection.

Culinary Use

Widely used as a flavouring agent for sauces, stews, roasts and soups.

****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.**

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).

