

Thyme Organic Essential Oil



Main Constituents:

borneol: 26-30%

Certified Organics: This Organic Oil is NOP Certified. The National Organic Program develops, implements, and administers national production, handling, and labeling standards for organic agricultural products. The QAI also accredits the certifying agents (foreign and domestic) who inspect organic production and handling operations to certify that they meet USDA standards.

Botanical Name: Thymus Satureiodes Coss

Plant Part: Leaves

Extraction Method: Steam Distilled

Origin: Morocco

Description: Thyme is a perennial, evergreen herb which grows up to 18 inches high; the leaves of thyme are highly aromatic and are small, oval shaped and gray-green in color. Native to Morocco, this variety of Thyme is steam distilled from the leaves and twigs.

Color: Colorless to pale yellow liquid.

Common Uses: Organic Organic Thyme Essential Oil is believed to have antiseptic and antibacterial qualities making it useful in formulations for tinctures, salves and ointments. It has been known to treat ailments such as bronchitis, rheumatism, viral infections and sinusitis. Aromatherapists have credited Thyme Oil for its uplifting and reviving properties. It should also be noted that the active ingredient Thymol may crystallize in temperatures below 20 degree Celsius. The more Thymol present, the greater it's propensity for altering states. We would recommend placing the bottle in a very hot water bath, changing the water frequently and once it is back to the liquid state be sure to shake before use.

Consistency: Thin

Note: Top

Strength of Aroma: Medium

Blends well with: Bergamot, Grapefruit, Lemon, Lavender, Rosemary and Pine.

Aromatic Scent: Thyme Essential Oil has a spicy, warm, herbaceous scent. It is very powerful and penetrating, with medicinal and green tones.

Directions to Use: We would recommend placing the bottle in a very hot water bath, changing the water frequently and once it is back to the liquid state be sure to shake before use.

History: Thyme was used in ancient herbal medicine Greeks, Egyptians and the Romans. The ancient Greeks used it in their baths and burnt it as incense in their temples, believing that thyme was a source of courage. It was thought that the spread of thyme throughout Europe was thanks to the Romans as they used it to purify their rooms and to "give an aromatic flavor to cheese and liqueurs.

Cautions: Thyme Essential Oil is a possible skin irritant. It is toxic if not properly diluted. It is a powerful oil in the hands of an experienced Aromatherapist.

IMPORTANT: All of our products are for external use only.

In addition, please read & understand appropriate technical, material safety data sheets and disclaimers before using this or any other Rasheed product.

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The health benefits of thyme essential oil can be attributed to its properties as an antispasmodic, antirheumatic, antiseptic, bactericidal, bechic, cardiac, carminative, cicatrisant, diuretic, emenagogue, expectorant, hypertensive, insecticide, stimulant, tonic and vermifuge substance.

Thyme is a common herb and is generally used as a condiment or spice. Besides that, thyme is also used in herbal and domestic medicines. Thyme is botanically known as *Thymus Vulgaris*.

The medicinal properties of thyme come mainly from its essential oils which are extracted through steam distillation of fresh flowers and leaves. The chief constituents of its essential oil are Alpha Thujone, Alpha Pinene, Camphene, Beta Pinene, Para Cymene, Alpha Terpinene, Linalool, Borneol, Beta Caryophyllene, Thymol and Carvacrol.

Health Benefits of Thyme Essential Oil

Its medicinal properties are explained below.

Antispasmodic: Millions of people around the world suffer from coughs, cramps and aches due to spasms. Spasms are unwanted and excessive involuntary contractions which may take place in the respiratory tracts, nerves, muscles, intestines or other organs and may result in coughs, convulsions, epileptic or hysterical attacks, cramps and muscular aches, abdominal and intestinal aches, and even spasmodic cholera.

Antirheumatic: There are two main reasons behind rheumatism, arthritis and gout. The first is improper or obstructed circulation and the second one is an increasing concentration of toxins like uric acid in the blood stream. Thyme essential oil can sort out both of these problems. Since it is a diuretic, it increases urination and helps in the removal of toxins from the body. Being a stimulant, it stimulates or activates circulation and thereby sorts out this problem in a separate way. Both ways helps cure rheumatism, and related conditions like arthritis.

Antiseptic: Thyme essential oil is a good antiseptic and safeguards wounds and sores against infections. This is mainly due to the presence of components like Caryophyllene and Camphene in thyme.

Bactericidal: The same Caryophyllene and Camphene, along with a few other components, give thyme essential oil antibacterial properties. This inhibits bacterial growth within and outside of the body. It kills bacteria as well as keeps them away from the organs in the body. This is particularly beneficial in curing bacterial infections like B-Colitis, renal colic, bacterial infections in the genitals and urethra, intestines, and respiratory system as well as the external exposure of wounds.

Tonic: Thyme essential oil also tones up the circulatory system, heart, digestive system, nervous system, muscles, and skin while fortifying them and boosting immunity.

Cardiac: This is a very important and useful property of thyme essential oil in today's context, when heart troubles are growing at an alarming rate. This oil is very beneficial for the heart. It keeps the valves functioning properly, while being an anti spasmodic, it relaxes the arteries and veins and thereby reduces blood pressure and stress on the heart. Furthermore, it strengthens cardiac muscles and tones up the heart, since it is a tonic. Basically, thyme essential oil is good for every part of heart health.

Carminative: Gases that build up in the stomach and intestines are not as innocent as they appear. Their effect is not limited to unpleasant odors alone. They can rob you of your appetite and sleep, raise your blood pressure, pose a threat to your heart, give you severe stomach aches, cramps, vomiting, headaches and nausea. In certain extreme cases, excessive gas can even put your life in danger too. Therefore, gas must be handled with care and treated in a timely manner. Thyme essential oil, being a carminative and an antispasmodic, forces the removal of gases through downward movement (upward movement is very dangerous) and does not let them build up again.

Diuretic: Those who are suffering from an accumulation of water in the body due to chronic renal failure or from growing concentration of toxins and salts in the blood are sure to benefit from this essential oil. It increases urination and helps in the removal of excess water, salts and toxins from the body. This helps reduce weight, lower blood pressure, reduce fats and improve digestion as well.

Emenagogue: Women should be very interested in this property of thyme essential oil. Women are always searching for something that can give them relief from obstructed and painful menstruation, irregular periods and premature menopause. They have found their answer in this oil. It opens obstructed menses, gives relief from the symptoms like abdominal pain, fatigue, nausea, depression and low blood pressure that is associated with menstruation. It can also delay menopause, thereby keeping women healthy, happy and fertile. The essential oil does all of this by stimulating the production of certain hormones like estrogen.

Cicatrisant: This is a tremendous property of thyme essential oil. This property makes scars and other ugly spots on your body vanish. These include the surgical marks, marks left by accidental injuries, acne, pox, measles, and sores.

Expectorant: When you are suffering from colds and coughs, you need to find an expectorant. Thyme essential oil is a great one! It helps cure infections that cause cough and cold and drains congestion, thereby giving relief from coughs and colds.

Hypertensive: You might raise your eyebrows about this medicinal property and may not see it as a benefit. However, this property is very beneficial for those who are suffering from low blood pressure. Those type of people run the risk of falling unconscious at any time, and feeling sluggish. This oil can normalize their blood pressure by raising it, which is just as important sometimes as lowering it.

Insecticide: It can keep away insects and pests and also eliminate them if it becomes necessary. It can be effectively used to keep away parasites that feed on the human body like mosquitoes, fleas, lice, bed-bugs, and flies, as well as insects that attack food grains and clothes like beetles and moths.

Stimulant: It stimulates circulation, digestion, nervous responses and the secretion of hormones, thereby stimulating the whole metabolism.

Bechic: If you have been suffering from coughing symptoms for a long time and antibiotics cannot help you anymore, then you might want to give this essential oil a try. Unlike when using potent antibiotics, you need not risk your kidneys, heart, liver, stomach and eyes with this oil. This is capable of curing infections in the chest (lungs, bronchi, larynx and pharynx) and stopping coughs.

Vermifuge: Thym essential oil kills worms. You can try it on intestinal worms like round worms and tape worms, as well as maggots in open sores and hook worms, which are notoriously difficult to eliminate.

Other Benefits: It acts as a memory booster and an antidepressant. It helps to increase concentration and helps to cure sinusitis, bronchitis, anorexia, cellulite, eczema, athlete's foot, dermatitis, insect and animal bites, stings, laryngitis, pharyngitis and other infections. Finally, it can be used to eliminate bad breath and body odor.

A Few Words of Caution: It is an irritant to some people, as well as a hypertensive substance that increases blood pressure.

Therefore, it should be avoided during pregnancy and those with elevated blood pressure. It also may cause allergic reactions in some cases.

Blending: The essential oil of thyme blends well with the essential oils of Bergamot, Grapefruit, Lemon, Lavender, Rosemary and Pine.

Ref: <https://www.organicfacts.net/health-benefits/essential-oils/thyme-essential-oil.html>