

The Mystic Owl Apothecary
Essential Oil Profile Sheet

Marjoram (Spanish) Essential Oil

Botanical Name: *Thymus mastichina*

Plant Part: Flowers and Leaves

County of Origin: Spain

Processing Method: Steam distilled

Color: Pale yellow

Consistency:

Note:

Strength of Aroma: Medium

Aromatic Scent: spicy, warm, herbaceous odor, much more camphoraceous and medicinal smelling than the Sweet Marjoram

Blends well with: Citrus oils like sweet orange and tangerine, other spice oils, including basil, thyme, and black pepper, forest needle oils, and floral oils like lavender, clary sage, and chamomile.

Common uses:

This Marjoram is actually wild-growing Thyme. However, it is commonly referred to as Wild Marjoram.

Antibacterial, Antifungal, Antiseptic, antispasmodic, Decongestant, Expectorant. Used for sore, tired aching muscles, as a relaxant or sedative, and for comforting, warming, restoring, soothing.

Cautions:

Avoid during pregnancy and with infants and small children.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

