

### Thyme (Red) Essential Oil

Botanical Name: *Thymus vulgaris*

Plant Part: Leaves

Origin: India

Processing Method: Steam Distilled

Color: Pale Yellow

Consistency: Thin/medium

Note: Middle

Strength of Aroma: Strong

Aromatic Scent: Fresh, medicinal, herbaceous.

Blends With:

Bergamot, Grapefruit, Lemon, Lavender, Rosemary and Pine.

Common Uses:

Maggie Tisserand identifies and discusses Thyme as one of the three key essential oils that have the potential to combat MRSA. Julia Lawless lists these as other uses for Thyme Oil: Arthritis, colds, cuts, dermatitis, flu, insect bites, laryngitis, lice, muscle aches, oily skin, poor circulation, scabies, sore throat.

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. Tisserand and Young indicate that there is moderate risk for mucous membrane irritation, it may inhibit blood clotting and pose a drug interaction hazard. There is a low risk of skin sensitization, and Tisserand and Young recommend a dermal maximum of 1.3%.

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.

