

The Mystic Owl Apothecary
Essential Oil Profile Sheet

Oregano Essential Oil (Organic)

Botanical Name: *Oreganum vulgare*

Plant Part: Leaves, Flowers and Buds

Origin: Italy

Processing Method: Steam Distilled

Color: Pale Yellow

Consistency: Thin

Note: Middle

Strength of Aroma: Strong

Aromatic Scent: Medium, Warm, Spicy, Herbaceous, and Camphoraceous

Blends well with: Lavender, Rosemary, Bergamot, Chamomile, Cypress, Cedarwood, Tea Tree and Eucalyptus.

Common uses:

Coughs, digestion. It is also considered to be antibacterial, antiparasitic, antiseptic, antiviral and immune stimulating. Oregano Oil has very high amounts of antioxidants

Cautions:

Tisserand and Young warn that Oregano Essential Oil is contraindicated during pregnancy and breastfeeding. When using Oregano Oil, there is moderate risk for mucous membrane irritation, it may inhibit blood clotting and pose a drug interaction hazard. It may cause embryotoxicity. There is a moderate risk of skin sensitization. Do not use topically on children age 2 or younger or for those with hypersensitive/diseased/damaged skin. Tisserand and Young recommend a dermal maximum of 1.1%.

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.

