

# THYME CT. LINALOOL

*Thymus vulgaris ct. linalool*



## Essential Singles

Thyme has multiple chemotypes. Chemotypes are versions of the same species which have different chemical compositions in their essential oils. These variations can be quite substantial. They can result from climate differences, soil differences, altitude differences and even subtle genetic differences.

**ANTISPASMODIC,  
GENTLE,  
APPETITE REGULATOR**

There are at least six different Thyme chemotypes. The three most common ones are Thyme ct. Thymol ("regular" thyme), Thyme ct. Carvacrol and Thyme ct. Linalool. Thyme ct. Linalool, a high altitude oil, is mild, delicate, and much less common; therefore making it extremely more precious than the other chemotypes.

Thyme ct. Linalool has been studied for a variety of reasons including its relaxing properties and its cancer preventive properties. Its high linalool content makes it surprisingly gentle compared to regular Thyme, yet it retains most of its powerful antimicrobial properties.

This is one of the preferred oils for use with children and the elderly when a powerful infection fighter is needed; particularly with colds, coughs, flu, and respiratory infections. Because of its antispasmodic properties, its ideal for helping to control coughing fits. The pain-killing benefits make this a good choice with acute rheumatoid arthritis in children. Also regulates the appetite, and is known to be antiparasitic.

**Available in: 5ml Bottle**

## daily uses

### BATH

- Mix 12 drops with 1/2 cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water.

### DIFFUSION

- Diffuse 10 minutes per hour for excellent air purification.

### INHALATION

- Apply 2 drops to hands, rub together, and inhale deeply as needed for relief from cough and lung congestion.

### INTERNAL

- 3-5 drops dilute in a veggie capsule with Grapeseed oil, taken 2-3 times daily will help cleanse and drain the kidneys while it clears intestinal parasites. Should not be taken for more than 10 days.

### MASSAGE

- 12-15 drops per teaspoon of carrier oil massaged into the spine and spinal muscles will provide a significant immune system boost.

### MISTING SPRAY

- Mix 15 drops in 4 oz. of distilled water in a cobalt blue spray bottle. Shake well before each use.

### TOPICAL

- As an aid in fighting sore throat, apply a drop at the lower back of the jaw on each side. Re-apply every 30 minutes for 2 hours.
- Apply 2-3 drops to each foot for adults, or 1 drop on both feet of children.

### RESPONSIBLE CAUTIONS

Unlike Thyme ct. Thymol, Thyme ct. Linalool can safely be used externally. It is very helpful and widely used with children, and is easily tolerated; particularly when used rectally if large amounts are required.

## attributes

### PRODUCING ORGAN

Whole plant

### EXTRACTION

Steam distillation

### COUNTRY OF ORIGIN

France

### PROPERTIES

Anthelmintic, antimicrobial, antioxidant, antirheumatic, antiseptic (intestinal, pulmonary, genitourinary), antispasmodic, antiviral, astringent, bactericidal, immunostimulant, parasiticide, tonic.



### QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

