

# Thyme ct. Thymol

thymus vulgaris ct. thymol 10ml

There are at least six different chemotypes of thyme oil, and Thyme ct. Thymol is the most common. Thyme ct. Thymol has a high phenol content, which makes it irritating to the skin unless diluted. We recommend that it be diluted to at least a 10% solution (1 part essential oil to 9 parts carrier oil) before being used topically. Thyme ct. Thymol is a very powerful oil and should be used responsibly. When used appropriately, it can add tremendous antimicrobial power to support your body.\*

It is also antibacterial, an effective disinfectant, and has powerful antiviral properties. It is a wide spectrum anti-infectious agent, supporting the formation of white blood cells. Thyme ct. Thymol is useful with all sorts of respiratory needs including asthma, bronchitis, coughs, laryngitis, sore throats, and tonsillitis to name just a few.\*

It is also powerful when used internally, because of its additional beneficial effect on the digestive system, which makes it useful with diarrhea, dyspepsia, and flatulence. Particularly useful with chronic, deep-seated infections, arthritis, cellulitis, muscular aches and pains, obesity, poor circulation, rheumatism, and sports injuries of all kinds.\*

Though possessing the microbe-fighting power of antibiotics, Thyme ct. Thymol is not limited to bacterial infections. It is also antiviral and can be of great support in fighting virus-based illnesses.\*

## uses

### bath

- **Bath:** To relieve post-viral fatigue mix 3 drops Thyme ct. Thyme, 5 drops Red Mandarin, and 3 drops Ravintsara with ½ cup Pink Himalayan or Dead Sea bath salts and stir into a warm bath.\*

### internal

- **Tea:** For upset stomach or flatulence, make a tea of 1 drop each Peppermint, Lemon, and Thyme ct. Thymol.\*
- **Capsules:** To destroy intestinal worms, dilute 2 drops with Grapeseed carrier oil in a veggie capsule and take with almond or rice milk morning, noon, and night for 5 days. It is suggested that this oil be used sparingly - no more than 2 drops diluted in a veggie capsule, and no more than 3 capsules per day.\*

### topical

- **Massage:** Before participating in athletic events or sports events, mix 5 drops with 1 teaspoon carrier oil and massage in to warm up muscles.\*
- **Chest Rub:** Create a chest rub to relieve congestion by mixing 2 drops Eucalyptus Radiata, 2 drops Thyme ct. Thymol, 2 drops Peppermint, and 1 teaspoon carrier oil.\*
- **Chest Rub:** For colds and flu, mix 5 drops Thyme ct. Thymol, 7 drops Lemon, and 3 drops Clove Bud in a teaspoon of carrier oil and massage on chest and neck morning and night.\*
- **Shampoo:** Add 5 drops to a tablespoon of your favorites shampoo to get rid of head lice.\*

### topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).\*



## Product Information Page



## application methods

Bath • Internal • Topical

## safety group: 4

Never recommended for children or while pregnant or nursing.

## properties

*Wildcrafted*

**Producing Organ:** Leaves and flowering tops

**Extraction:** Steam Distillation

**Country of Origin:** Spain

**Main Chemical Constituents:** Thymol, carvacrol, cymene, terpinene

**Therapeutic Properties:** Anthelmintic, antimicrobial, anti-oxidant, antiputrescent, antirheumatic, antiseptic (intestinal, pulmonary, genito-urinary), antispasmodic, antitussive, antitoxic, aperitif, astringent, aphrodisiac, bactericidal, balsamic, carminative, cicatrizant, diuretic, emmenagogue, nervine, revulsive, rubefacient, parasiticide, stimulant (immune system, circulation), sudorific, tonic, vermifuge

## responsible cautions

- Avoid in cases of hypertension.
- Not recommended for diffusion or inhalation. As a "hot oil" it can irritate mucous membranes and the skin.
- In case of undiluted contact with skin, dilute with carrier oil or olive oil. Never attempt to wash off with water, that will drive the oil further into the skin.
- Not to be taken internally for more than 10 days at a time.
- Not for use with children under 10 years of age.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*