

Dried thyme



100% natural and organic Italian product

Ingredients: Organic *Thymus Vulgaris* flowers and leaves

Origin: Pietradefusi (AV), Italy

Net weight: 25 g

Features: thyme is an aromatic plant used to flavor dishes. Its use dates back to ancient times for its aromatic and therapeutic qualities. Thyme infusion can be useful in case of cough, colds thanks to its balsamic and expectorant properties.

Benefits and uses: thyme infusion is useful for treating colds, cough, asthma and bronchitis thanks to its balsamic and expectorant properties. Thyme is a natural disinfectant and antibacterial.

Thyme infusion is particularly suitable for treating bloating and aerophagia due to indigestion.

It is used to make a natural mouthwash suitable for rinsing and gargling in case of bad breath or sore throat.

Thyme infusion is also used in foot bath in order to alleviate tiredness and fatigue.

Cold infusion is also an excellent remedy to be used as a final rinse in case of weak hair to reinforce them.

About the use of thyme in cuisines it is very appreciated for its organoleptic qualities and digestive effect. It is in different blends of spices such as the famous herbs of Provence, zahtar that is a Jordanian mixture in which thyme is the main spice and dukkha Egypt in which it is combined with cumin and coriander.