

# Thyme Essential Oil



*100% pure, natural and complete essential oil coming from Italian certified organic farming*

**Quantity:** 5 ml

**Quality features :** Natural flavoring for foods. It does not contain additives

**Botanical name:** *Thymus Vulgaris*

**Country of origin:** Italy

**Plant Part:** Flowering plant

**Extraction method:** steam distillation

**Aromatic note:** HEART-BASE; aromatic and slightly sour smell

**Benefits and uses:** antiseptic, antibacterial, expectorant. Thyme essential oil is very interesting because of its ability to act against bacterial and viral strains. It is helpful in eliminating the bacteria that cause bad smell in shoes and it carries out antifungal action when applied to wounds.

It has antioxidant properties, for this reason it is used to fight free radicals. It has beneficial effects on cell membranes and it is helpful in treating fungal infections and skin diseases such as acne and candidiasis.

For internal use it has antiseptic properties and can be used as a mouthwash against bacterial growth by treating sore throat, mouth ulcers, stomatitis.

In addition it is a good diuretic antiseptic against urinary tract infections.

It has a powerful balsamic and expectorant action, it can calm the cough and fluidize the mucus. It is used to treat bronchitis, pharyngitis, otitis, sinusitis, tonsillitis and infections. In case of diseases of the respiratory tract it can be diluted in a base oil and applied through massages on the solar plexus area (in correspondence with the diaphragm muscle) and in correspondence of the paranasal sinuses. It can be used in case of stuffy nose to carry out fumigations with boiling water in order to help to relieve congestion.

It is a very aromatic and balsamic oil and can be used to perform relaxing and decontracting massages in combination with vegetable oils such as sweet almond oil.