

# THYME CT. THYMOL

*Thymus vulgaris ct. thymol*



Essential Singles

Thyme ct. Thymol is the most common chemotype of Thyme oil. There are at least six different chemotypes. 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 anti-microbial power to support your body.

ANTI-MICROBIAL,  
ANTIBACTERIAL,  
DISINFECTANT

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. Useful with all sorts of respiratory needs; asthma, bronchitis, coughs, laryngitis, sore throats, and tonsillitis to name 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.

Available in: 10ml Bottle

## daily uses

### BATH

- To relieve post viral fatigue, mix well - 3 drops Thyme ct. Thyme, 5 drops Mandarin, and 3 drops Ravensara with 1/2 cup Pink Himalayan or Dead Sea salt and stir into a warm bath.

### INTERNAL

- For upset stomach or flatulence, make a tea of 1 drop each Peppermint, Lemon, and Thyme ct. Thymol.
- 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 - 2 drops diluted in a veggie capsule, 3 capsules per day.

### MASSAGE

- Before participating in athletic events or sports events, mix 5 drops with 1 teaspoon carrier oil and massage in to warm up muscles.

### TOPICAL

- To relieve congestion create a chest rub by mixing 2 drops Eucalyptus Radiata, 2 drops Thyme ct. Thymol, 2 drops Peppermint, and 1 teaspoon carrier oil.
- To get rid of head lice, add 5 drops to a shot of your shampoo.
- 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.

### RESPONSIBLE CAUTIONS

Avoid in cases of hypertension. Not recommended for diffusion or inhalation. As it is a "hot oil", it can irritate mucous membranes and the skin. Not to be taken internally for more than 10 days at a time. Not for use with children, who are best served with Thyme ct. linalool. In case of undiluted contact with skin, dilute with carrier oil or olive oil. Never attempt to wash off with water. Will drive the oil further into skin. These cautions may seem daunting but don't let it discourage you from using this powerful and very effective essential oil.

## attributes

### PRODUCING ORGAN

Leaves and flowering tops

### EXTRACTION

Steam distillation

### COUNTRY OF ORIGIN

Spain

### PROPERTIES

Antihelminthic, antimicrobial, antioxidant, antitumor, antispasmodic, antiseptic (intestinal, pulmonary, genitourinary), antiviral, astringent, bactericidal, cardiac, carminative, cicatrizing, diuretic, emmenagogue, expectorant, hypertensive, immunostimulant, insecticide, parasiticide, tonic, vermifuge.



### 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.

