

Thyme ct. thymol

Thymus vulgaris ct. thymol

Therapeutic Properties: Antihelminthic, antimicrobial, antioxidant, antirheumatic, antiseptic (intestinal, pulmonary, genitourinary), antiviral, astringent, bactericidal, cardiac, carminative, cicatrissant, diuretic, emmenagogue, expectorant, hypertensive, immunostimulant, insecticide, parasiticide, tonic, vermifuge [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 228.]

There are at least six different chemotypes of Thyme, with Thyme ct. thymol being 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 before topical use.

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. 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.

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.

suggested usage (10 years & up)

- To relieve post viral fatigue, mix 3 drops Thyme ct. Thymol, 5 drops Red Mandarin, and 3 drops Ravintsara with ½ cup Pink Himalayan or Dead Sea salt and stir into a warm bath.
- Before participating in athletic or sports events, mix with carrier oil and massage in to warm up muscles.
- For colds and flu, mix 5 drops Thyme ct. Thymol, 7 drops Lemon, and 3 drops Clove Bud in an ounce 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.
- 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.

Wild-crafted

Producing Organ: Leaves and flowering tops

Extraction: Steam Distillation

Country of Origin: Spain

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil).

pregnancy & children

 **Safety Group #4**

Topical

- Infant to 3 months: not recommended
- 3 months to 3 years: not recommended
- 3 to 5 years: not recommended
- 5 to 10 years: not recommended
- Pregnancy: not recommended

Bath

- Infant to 3 months: not recommended
- 3 months to 3 years: not recommended
- 3 to 5 years: not recommended
- 5 to 10 years: not recommended
- Pregnancy: not recommended

availability

10ml Bottle



STANDARDS OF QUALITY

All ingredients in goDésana products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible.

Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wild-crafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

DISCLAIMER

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.

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