

Thyme

THYMUS VULGARIS VAR. LINALOL

Thyme has been used throughout history for numerous conditions, including the plague, leprosy, and lice. During ancient times, the Egyptians used it for embalming. Like Clove and Lemon, Thyme was used in hospitals during World War I. It continues to be beneficial and recommended in cases of asthma, depression, chronic coughs, and other respiratory infections.

COUNTRY OF ORIGIN

Native to Southern Europe (Spain) and the Mediterranean region

EXTRACTION METHOD

Steam Distillation

PLANT PART

Flowers, Leaves, and Stems

BOTANICAL FAMILY

Lamiaceae (Labiatae)

CHEMICAL FAMILY

Monoterpenes, Monoterpenols, Linalool; Thymol
Terpinen-4-oil

AROMA

Sharp, Green, Fresh

NOTE

Top-Middle

SAFETY

- Avoid during pregnancy.
- Avoid if you have high blood pressure or epilepsy.
- Be careful, thyme contains phenols, which can irritate the mucus membranes, causing dermal irritation and sensitization in some.
- Use in moderation and low dilution.

Thyme oil in “linalool” type is generally less toxic, non-irritating, with less possibility of sensitization. Linalool type is considered safe for use with children and is more of an immune stimulant than antibacterial.

THERAPEUTIC PROPERTIES

Thyme essential oil offers support to the immune system with its anti-infectious qualities while calming the nervous system. This chemotype can be used for long-term support for your health.

ANTIBACTERIAL	ANTISPASMODIC	EMMENAGOGUE
ANTIFUNGAL	CARMINATIVE	EXPECTORANT
ANTIRHEUMATIC	CICATRISANT	FUNGICIDAL
ANTIVIRAL	DIURETIC	HYPERTENSIVE
ANTISEPTIC	SUDORIFIC	TONIC
INSECTICIDE	ANTISEPTIC	UTERINE TONIC
RUBEFACIENT	VERMIFUGE	ANTI-INFLAMMATORY
ANALGESIC	ANTIOXIDANT	ANTI-INFECTIOUS

BODY SYSTEMS

CIRCULATORY

LOW BLOOD PRESSURE, FATIGUE

IMMUNE

COLDS & FLU

INTEGUMENTARY

HAIR LOSS , MRSA, ILLNESS RECOVERY

LIMBIC

EMOTIONAL BALANCE, ANXIETY & DEPRESSION

MUSCULAR

PAIN & SORE MUSCLES



BODY SYSTEMS (CONT.)

NERVOUS

MEMORY AND CONCENTRATION

RESPIRATORY

ASTHMA & CROUP

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5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS