

Thyme, Sweet – (Linalol) – *Thymus vulgaris*

Code: T148

Vol: 10ml

Country of Origin: Spain

About the oil

Distilled From: Water and steam-distilled from the partially dried wild herb.

Aroma & appearance: Sharp, sweet clearing aroma. Clear in color.

Some beneficial ways of enjoying the oil:

- Try adding 1 drop each of Thyme, Lemon and Rosemary to the water in an oil burner to help create a 'germ-free zone' during times of family ills.
- Blend 2 drops of Thyme, 3 drops of Geranium and 1 drop of Palmarosa in a teaspoon of Peach Kernel oil. Use a body massage oil to help you get back on your feet after illness or if you are feeling run-down.

The distillation of the oil is mainly undertaken in Spain, but also occurs elsewhere in the Mediterranean region. There are many different species of Thyme and within *Thymus Vulgaris* there are a variety of chemotypes that change the constituent make-up of the oil significantly. The most common chemotypes are "Thymol" and "Carvacrol", which contain high levels of toxic Phenols (up to 60% Thymol and Carvacrol). Absolute Aromas offers "Sweet Thyme", which is sweeter, less toxic and less irritant than the Thymol and Carvacrol types, with a maximum 3% concentration of these components.

Did you know?

During the Middle Ages, a sprig of Thyme was often carried by the judges into the courtrooms to ward off infections!

Key Search words: Stimulating, invigorating, antiseptic, antiviral, winter ailments.

Safety Data

Do not use Sweet Thyme during pregnancy. Using Thyme in the bath may irritate those with sensitive skin.
