



**PRODUCT DESCRIPTION**

Thyme is derived from the Greek word 'thymos' which means perfume. It is one of the oldest herbal plants known to man. It has been used for thousands of years to give relief to digestive and respiratory troubles. The Greeks used it as a medicine and bathed in it before going into battles to motivate them and give them courage. It is also used in flavoring food.

You can use Thyme essential oil when you are physically or mentally tired. It helps strengthen your nerves and helps build up your memory cells. It is extremely beneficial in boosting the body's immune system. This oil gives a warming effect and helps in normal blood circulation, relieving conditions like muscular and joint pains.

**PRIMARY BENEFITS AND SAMPLE USES**

- » Supports immune and respiratory system
- » Has been known as a powerful detoxifier, particularly for liver functions
- » Helps remove toxins from your body
- » Cleans and freshens surfaces
- » Excellent antioxidant supplement

**DIRECTIONS**

**Steam Inhalation:** Add 2-3 drops to a cup of steaming water and inhale.

**Diffusion:** Diffuse 3-5 drops or more in the Purely diffuser.

**Topical:** Dilute 1-2 drops with a Purely carrier oil before use according to the dilution table shown. Be sure to test for sensitivity.

**Ingestion:** When using as a supplement, add 1 drop per 4 oz. of liquid. Use no more than three times per day.

**PRECAUTION**

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat.

**BLENDS WELL WITH**

Bergamot, Clary Sage, Eucalyptus, Geranium, Grapefruit, Lavender, Lemon, Rosemary, and Tea Tree

**COUNTRY OF ORIGIN** France

**EXTRACTION METHOD** Steam distillation



**DIFFUSION**



**TOPICAL**



**STEAM**

**DILUTION TABLES**

Drops of EO for 1 tsp. of carrier oil	
1%	1
2%	2
5%	5



**INGEST**



**SENSITIVE**

SKU# 1048  
retail: \$29

**THYME**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent diseases.*



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