

## Thyme Linalol

Emotions	improve concentration
Uses	abdomen pain-lower, abrasions (R), abscess (R), <b>acne</b> , <b>acne-w/pustule</b> , <b>aging</b> , anal fissure, <b>anemia</b> , <b>angina</b> , <b>animal bite</b> , arteriosclerosis (R), arthritis, arthritis-osteoarthritis (L), <b>arthritis-rheumatoid</b> (L), asthma, athlete's foot, baby-bronchiolitis (>5yrs), <b>bad breath/halitosis</b> , <b>bladder infection</b> , body lice, <b>boils</b> , breathlessness, <b>bronchitis</b> , bronchitis-w/congestion, <b>carbuncle</b> , catarrh, cellulite, chiggers/jiggers, Chlamydia (R), <b>circulation problems-unbalanced</b> , <b>cold</b> (R), <b>cold-shivering/flu-like/sneezing</b> , cold sores, <b>colon infection</b> , concentration, constipation, <b>convalescence</b> , cough-baby-severe, <b>coughs</b> , cuts, cystitis/inflammation of the bladder, cysts (L), diarrhea (food/viral (R)), debility, deodorant, depression, <b>dermatitis</b> , detoxification, diarrhea, <b>disinfectant</b> , ear infection, <b>exhaustion-physical</b> , feet-care, feet-ganglion/synovial cyst, feet-painful, fever, fibrositis, flea/bed bug bites, <b>flu-shivering/sneezing (L)</b> , fluid retention, <b>food poisoning</b> , fractures, frostbite, genitals-male-balanitis (L), gnat and midge bites, <b>gout/podagra</b> (L), grazes, <b>gums</b> , <b>gums-bleeding</b> , gums infection, <b>gums-inflammation</b> , hair-beard (L), hair-dandruff, hair-fragile, <b>hair-greasy</b> , <b>hair loss/alopecia</b> , <b>head lice</b> , headache, hepatitis, <b>human bite (L)</b> , immune stimulant, <b>impetigo (L)</b> , <b>infection</b> , infertility-female, infertility-male, insect bites/stings, insect repellent, joints, <b>laryngitis (L)</b> , <b>laryngitis-loss of voice</b> , leucorrhea (R), liver problems (L), low blood pressure (red), lumbago/lower back pain, measles, memory enhancement, menopause (R), menopause-night sweats, menstrual bleeding-irregular/very light, menstrual pain/dysmenorrhea (R), <b>mental exhaustion/fatigue</b> , mouth ulcers, mucus congestion (L), mumps (L), muscle-aches (L) , muscle-athletic competition-pre/post (R), muscle-fatigue (R), muscle-increased performance, muscle-conditioning, muscle-cramps, muscle-debility (L), <b>muscle-pain (L)</b> , muscle-spasm, muscle-sprains, muscle-toning, muscles-abdominal wall strain, muscles-back pain, muscles-frozen shoulder, nail-cuticle infection/whitlows, neuralgia, prostatitis (L), Parkinson's disease, pelvic pain syndrome, pneumonia, <b>reptile bite</b> , respiratory problems, <b>ringworm/tinea</b> (L), scabies (L), sciatica, seborrhea (L), <b>sinusitis</b> , skin-aging, skin-blackheads, skin-oily, <b>skin-toning</b> , skin-whiteheads, <b>stimulating</b> , stress-physical, <b>throat-hoarseness</b> , throat-infection (L), <b>throat-sore</b> , <b>thrush</b> , ticks, <b>tonic-nerve</b> , tonsillitis (L), torticollis/wry neck, trichomonas (R), <b>vaginal discharge</b> , varicose ulcer (L) , <b>viral infection</b> , warts, <b>whooping cough</b> (L), worms (R), <b>yeast infection/candida</b>
Properties	analgesic, anthelmintic, antibacterial, antibiotic, <b>antifungal</b> , antimicrobial, antioxidant, antiparasitic, antiputrescent, antirheumatic, <b>antiseptic</b> , antispasmodic, antitoxic, antitussive, antivenomous, antiviral, aperitif, aphrodisiac, astringent, balsamic, carminative, cicatrisant, diuretic,

emmenagogue, expectorant, **hepatic**, hypertensive, immunostimulant, insecticide, nervine, pectoral, rubefacient, **stimulant**, sudorific, tonic, **tonic-respiratory**, vermifuge

Constituents Thymol, carvacrol, a-pinene, camphene, B-pinene, p-cymene, a-terpinene, linalool, borneol, B-caryophyllene, camphor, gamma-Terpinene, myrcene

Scent/Note/Viscosity soft, sweet, medicinal, woody herbaceous; middle note; reddish-brown to amber; medium viscosity, oily.

Best Mixed With Bergamot, Clary Sage, Cypress, Eucalyptus-All, Geranium, Grapefruit, Lavender, Lemon, Pine, Rosemary, Tea Tree (Balsam Peru, Marjoram, Melissa)

**Warning** Do not use if pregnant. Do not use in bath. Do not use if you have sensitive skin or high blood pressure.. May irritate skin, dilute well.

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