

Thyme Linalol

Emotions	improve concentration
Uses	abdomen pain-lower, abrasions (R), abscess (R), acne , acne-w/pustule , aging , anal fissure, anemia , angina , animal bite , arteriosclerosis (R), arthritis, arthritis-osteoarthritis (L), arthritis-rheumatoid (L), asthma, athlete's foot, baby-bronchiolitis (>5yrs), bad breath/halitosis , bladder infection , body lice, boils , breathlessness, bronchitis , bronchitis-w/congestion, carbuncle , catarrh, cellulite, chiggers/jiggers, Chlamydia (R), circulation problems-unbalanced , cold (R), cold-shivering/flu-like/sneezing , cold sores, colon infection , concentration, constipation, convalescence , cough-baby-severe, coughs , cuts, cystitis/inflammation of the bladder, cysts (L), diarrhea (food/viral (R)), debility, deodorant, depression, dermatitis , detoxification, diarrhea, disinfectant , ear infection, exhaustion-physical , feet-care, feet-ganglion/synovial cyst, feet-painful, fever, fibrositis, flea/bed bug bites, flu-shivering/sneezing (L) , fluid retention, food poisoning , fractures, frostbite, genitals-male-balanitis (L), gnat and midge bites, gout/podagra (L), grazes, gums , gums-bleeding , gums infection, gums-inflammation , hair-beard (L), hair-dandruff, hair-fragile, hair-greasy , hair loss/alopecia , head lice , headache, hepatitis, human bite (L) , immune stimulant, impetigo (L) , infection , infertility-female, infertility-male, insect bites/stings, insect repellent, joints, laryngitis (L) , laryngitis-loss of voice , 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), mental exhaustion/fatigue , 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), muscle-pain (L) , 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, reptile bite , respiratory problems, ringworm/tinea (L), scabies (L), sciatica, seborrhea (L), sinusitis , skin-aging, skin-blackheads, skin-oily, skin-toning , skin-whiteheads, stimulating , stress-physical, throat-hoarseness , throat-infection (L), throat-sore , thrush , ticks, tonic-nerve , tonsillitis (L), torticollis/wry neck, trichomonas (R), vaginal discharge , varicose ulcer (L), viral infection , warts, whooping cough (L), worms (R), yeast infection/candida
Properties	analgesic, anthelmintic, antibacterial, antibiotic, antifungal , antimicrobial, antioxidant, antiparasitic, antiputrescent, antirheumatic, antiseptic , 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.

DISCLAIMER

This information has been gathered from reliable sources. I make no claim to accuracy. All information contained on this page or within this site is for reference purposes only. It is not intended to substitute for advice given by a physician or other licensed health care professional. It is not recommended that you take essential oils internally unless under the supervision of a Medical Doctor.