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**Thyme Red**  
*Thymus vulgaris*  
Lifts the spirits

**Source:**

**Extraction:** Steam distillation of the leaves and flowering tops

**Blending Factor:** 1

**Odour Note:** Top to middle

**Characteristics:**

Thyme Red is clear, pale yellow liquid with a rather sweet warm, strong fragrance.

**Safety Precautions:**

Do not use in pregnancy or if you have high blood pressure. Use in low dosages and dilutions it is recommended that you do not use in the bath, as there is a possibility that it can be skin dermal irritant, sensitization and mucous membrane irritant.

**History:**

This oil has been used by the Greeks and Romans for its antiseptic properties. Thyme is used extensively in cooking for its flavour and is popularly grown in the warmer points of the Mediterranean region.

**Therapeutic Actions:**

Anti – microbial, anti-oxidant, antiseptic, astringent, nervine, rubefacient, parasiticide, stimulant immune system – circulation) sudorific, tonic, vermifuge.

**Enhances:**

Cheers the heart, lifts the spirits, promotes courage, focus

**Reduces:**

Nightmares, negative dreams, counteracts shyness and introversion.

**Uses:**

**Circulation/Muscle:** Arthritis, gout, muscular aches & pains, poor circulation, rheumatism, sprains, sport injuries. Raises low blood pressure

**Nervous system:** Depression, nervous exhaustion, headaches, insomnia, stress-related complaints.

**Respiratory system:** Asthma, bronchitis, catarrh, coughs, sinusitis

**Methods for use:**

As Thyme (Red) contains quite large amounts of phenols, this can cause skin irritation. It is recommended that it is used in low dilutions (1% = 2 drops in 10 ml)

**Massage**

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

**Bath****Do not use in the bath.****Vaporiser**

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

**Footbaths**

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

**Blends well with:**

Bergamot, Cajeput, Cedarwood, Chamomile Roman, Eucalyptus, Juniper, Lavender, Lemon, Mandarin, Marjoram, Pine, Rosemary, and Tea Tree.

<b>Invigorating Men's Blend</b>		<b>Calming Nightmares</b>		<b>Lifting the Spirits</b>	
Thyme	1	Thyme	2	Thyme	2
Mandarin	4	Frankincense	3	Cypress	2
Cypress	4	Lavender	3	Grapefruit	2
Total drops	10	Total drops	8	Total Drops	6
In Carrier	20 ml	In Vaporiser		In Vaporiser	