



Thyme Essential Oil

*by
The Reformed Bohemian*



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Find out more at www.reformedbohemian.com



Thyme

Essential Oil

Thyme essential oil has a warm herbaceous scent. It helps with digestive issues, respiratory problems, poor circulation and more.

About Thyme

Thyme oil can benefit people who are suffering from depression or nervous complaints due to its uplifting properties. Thyme can be very beneficial for respiratory tract issues such as bronchitis colds and flu particularly if used as a steam inhalation. Thyme can be used to stimulate the digestive system and boost appetite particularly in people who are struggling with lack of appetite.

Thyme also has an antiseptic effect on the urinary system and can be used to soothe and ease urinary tract infections and also be used to improve circulation and ease symptoms associated with poor circulation. Due to its vermifuge properties Thyme is particularly useful in helping the body to eliminate parasites such as intestinal worms from the body.



Healing Properties Of Thyme Essential Oil

Thyme essential oil has the following healing properties:

Properties

Antiseptic, Anti-microbial, aperitif, bechic, Carminative, expectorant, stimulant, tonic and vermifuge.

- **Respiratory issues** – As an expectorant and bechic, Thyme is effective in relieving the symptoms of colds, flu, bronchitis, sinusitis, coughs and chest infections being particularly effective when used as steam inhalation.
- **Elimination of parasites** – Thyme has particular benefits as a vermifuge eliminating parasites such as internal worms.
- **Skin conditions** – Due to its antiseptic and anti-microbial properties Thyme can be used in creams, lotions and baths to soothe skin conditions such as eczema, psoriasis and acne.
- **Mouth infections** – Thyme is effective when used as a gargle or mouthwash to relieve gum infections, sore throats and infections such as tonsillitis.
- **Hair care** – Thyme can be used effectively to improve scalp health and conditions such as dandruff.



Ways to use Thyme Essential Oil

Diffuse

- Thyme essential oil can be used in diffusers or oil burners. Using Thyme essential oil in this way is particularly beneficial in relieving respiratory issues such as bronchitis, colds, sinusitis and mucus congestion.

Diffuse 1 - 3 drops of Thyme essential oil in an oil burner or diffuser.

Bath

- Thyme essential oil can be added to a warm bath to relieve muscle aches and pains and can help to relieve mucus congestion and respiratory infections.

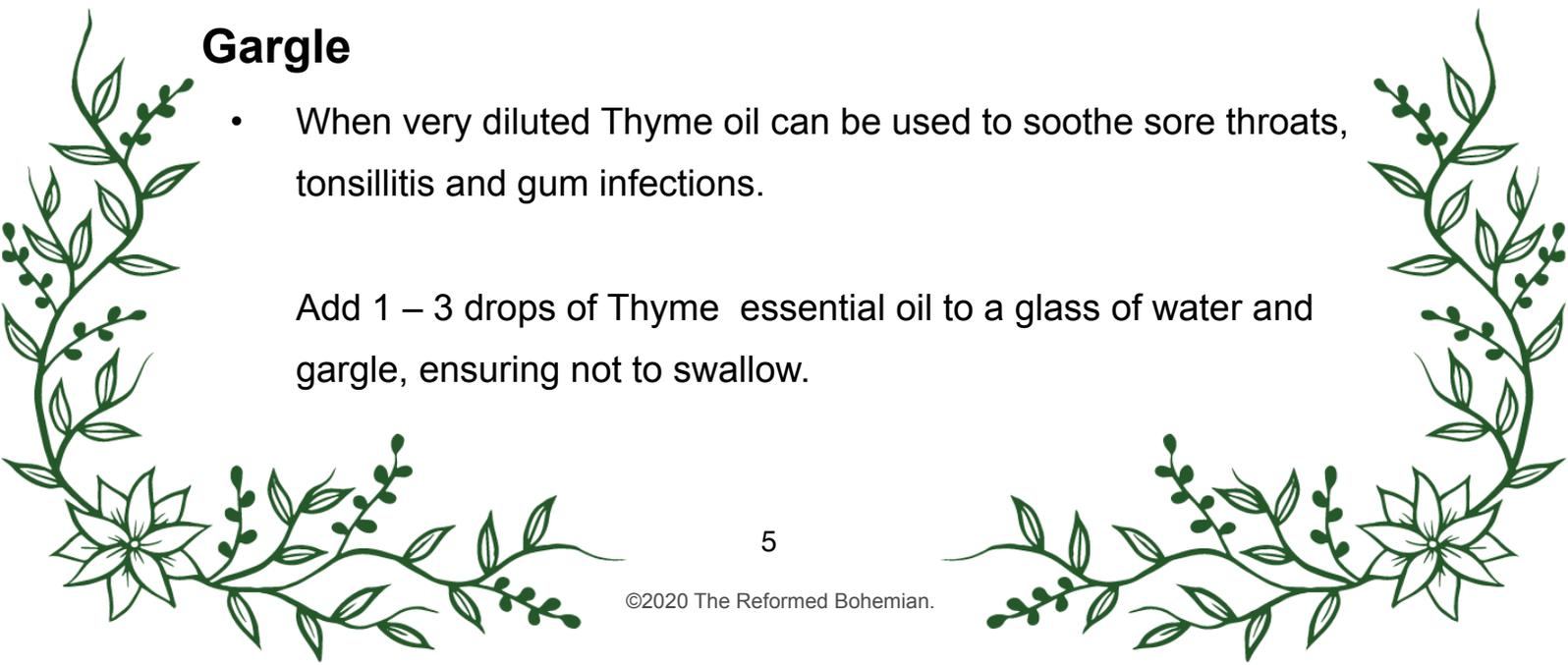
Add 1 - 3 drops of Thyme essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.

Gargle

- When very diluted Thyme oil can be used to soothe sore throats, tonsillitis and gum infections.

Add 1 – 3 drops of Thyme essential oil to a glass of water and gargle, ensuring not to swallow.



Cream

- Adding a few drops of Thyme to a base cream is a great way of harnessing Thyme's antiseptic and antibacterial properties can be used to treat bites and boils.

Add up to 12 drops of Thyme essential oil to 30 ml of base cream.

Inhalation

- Inhaling Thyme essential oil is effective in helping to relieve symptoms associated with respiratory tract infections such as colds and bronchitis, sinusitis and mucus congestion. The use of steam inhalation is helpful in clearing congestion in your head, nose and chest.

Simply add 1 -3 drops of Thyme essential oil to a bowl of hot water, place a towel or blanket over your head and shoulders to enclose your head over the bowl and inhale for 5 – 10 minutes.

Note: Steam inhalation may be too strong for children, instead place the bowl in the room or close by and allow the steam to infuse in the air.



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Thyme goes particularly well with oils such as:

- Bergamot
- Grapefruit
- Lemon
- Lavender
- Rosemary
- Pine



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

People with an allergy to mint should not use Thyme as they may also be allergic to Thyme oil. Thyme should not be used if you suffer with high blood pressure. Pregnant or breastfeeding mums should avoid using Thyme. Avoid using on or around children.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Thyme is one such oil.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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