



Oregano Essential Oil

DESCRIPTION: An herb known for its powerful and potent aromatic qualities. Diffuse this enlivening oil to cleanse and purify the air.

TOP AROMATHERAPY BENEFITS: enliven • purify • cleanse

AROMA: Herbal & Peppery

BLENDS WITH: Peppermint, Rosemary, Tea Tree

INGREDIENTS: Coridothymus capitatus (oregano) oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a cleansing and enlivening aromatherapy experience.

Clear the Air

Diffuse to encourage deep breathing when feeling congested.

Healthy Home

Combine with lemon and diffuse when seasonal threats are high.

Natural Deodorizer

Combine with carrier oil and lemon to use as a natural deodorizer.

Daily Shower Spray

Add 1 cup of water to a spray bottle and combine with 1 tablespoon liquid Castille soap, 5 drops each of oregano and peppermint oil. Use after showering on tile and glass.

Surface Cleaner

Add 7 drops each of oregano and lemon oil to a spray bottle with 1 cup distilled water, and 1/4 cup white vinegar. Shake well.

Floor Cleaner

Create a DIY floor cleaner by adding 1/2 cup warm water, 1/4 cup white vinegar, 1 teaspoon liquid dish soap and 10 drops of each oregano and peppermint oil to a spray bottle.

Facial Steam

Create a facial steam to encourage deep breathing by adding 3-5 drops to 2 cups boiling water and covering head and bowl with a towel while inhaling.

Body Cleanse

Add a few drops to carrier oil and apply to pulse points when trying to detox body.

Encourage Relaxation

Combine with carrier oil and peppermint and apply to stomach to encourage relaxation when experiencing bloating or indigestion.

Stay Healthy

Dilute and apply to pulse points when traveling or in public areas.

DIY AROMATHERAPY BLENDS:

Body Guard: Oregano + Lemon + Rosemary + Tea Tree

Clear the Air: Oregano + Lavender + Tea Tree

Detox: Oregano + Clove + Lemon

Feel Better: Oregano + Guard Against

Protective Blend: Oregano + Lemon + Peppermint + Tea Tree

Pure Air: Oregano + Rosemary + Tea Tree

Stability: Oregano + Canadian Fir + Cedarwood

Tummy Blend: Oregano + Ginger + Peppermint