



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 mindful breathing.

At Home

Combine with orange and/or clove and diffuse when seasonal irritants are present.

Natural Deodorizer

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

Daily Shower Spray

To a spray bottle, add 1 cup water 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

To a spray bottle, add 7 drops each of oregano and lemon oil, 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 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 cleanse body and mind.

Encourage Relaxation

Combine with carrier oil and ginger or peppermint and apply to stomach to encourage relaxation.

Out and About

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

Usage: Use 3-5 drops per 100 mL of water with a diffuser. Dilute at a 1 to 1 ratio with carrier oil to use topically.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.