



## Thyme Essential Oil

There's something instantly awakening about Thyme Essential Oil (White) — its warm, spicy aroma cuts through the noise, clearing the air and sharpening the senses. Distilled from *Thymus zygis*, this redistilled variety offers a more refined scent and a high thymol content, making it a go-to for bold, clarifying blends that don't overwhelm.

Influenced by climate, soil, and altitude, *Thymus zygis* produces a high-quality oil with a slightly sweeter, less terpenic profile than red thyme – ideal for skin and hair care, and aromatherapy products that call for a potent yet balanced herbaceous note.

Historically associated with purification, courage, and protection, thyme has long held a place in rituals and remedies. Ancient Greeks were said to infuse their pillows with it to promote restful sleep and guard against nightmares. Today, Thyme Essential Oil (White) has many uses in modern formulations — supporting clear skin, fresh spaces, and cleansing self-care routines.

Botanical Name: *Thymus zygis*

Plant Part: Leaves

Main Constituents: Thymol: 35–55%

Origin: Spain

Processing Method: Steam Distilled

Color/Consistency: A clear pale yellow to orange liquid.

Aromatic Summary / Note / Strength of Aroma: White Thyme Essential Oil has a spicy, warm, herbaceous scent. It is very powerful and penetrating, with strong herbaceous notes.

Blends With: Bergamot, Grapefruit, Lemon, Lavender, Rosemary, and Pine.

### **BENEFITS**

Warmth That Wakes the Senses: Thyme Essential Oil (White) has a bold, spicy, and herbaceous scent — powerful, yet more refined than red thyme. The redistillation process softens its sharper edges, resulting in a warm, invigorating aroma ideal for blends that call for a cleansing, clarifying kick.

White vs. Red Thyme: While both come from the same *Thymus* species, white thyme is typically a redistilled version of red thyme, yielding a sweeter, less terpenic, and more nuanced aroma. It's perfect for products that require a gentler note.

The Oil of Purification: White Thyme Essential Oil contains a high percentage of thymol, a phenolic compound known for its natural cleansing qualities. Historically, thyme was burned to purify and protect.

Bottled Courage: The name "thyme" traces back to the Greek word *thymos*, meaning courage or spiritedness. Ancient Greeks used thyme in baths and pillows to encourage restful sleep and ward off nightmares, while medieval knights received thyme sprigs as symbols of bravery.

Makers' Gold: Clear skin? Check. Healthy scalp? Check. Fresh spaces? Double-check. White Thyme Essential Oil brings natural cleansing power to a variety of formulations that support skin, hair, and home wellness.

## **DIRECTIONS AND USES**

- **Skin-Deep Clarity:** Perfect for cleansing formulas, add 0.5–2% of Thyme Essential Oil (White) in soaps, lotions, toners, and facial cleansers. Its potent, herbaceous aroma supports clearer, detoxified, and balanced skin — ideal for acne-prone and oily skin types. We recommend making a trial batch to find your ideal formula before scaling up. As with any new skin care product, patch test before full application.
- **Scalp Savior:** In hair care, blend 0.5–1% of Thyme Essential Oil (White) into shampoos, conditioners, or hair masks to help clarify buildup, soothe dandruff, and keep your scalp refreshed. Bonus: it's a natural lice deterrent too.
- **Spice Up Your Signature Scent:** Use sparingly in perfumery (0.2–0.5%) — its bold, spicy notes add unique depth and warmth, perfect for creating signature blends.
- **Massage Must-Have:** Add 1% or less of Thyme Essential Oil (White) to carrier oils for a warming massage blend that sharpens the senses and revitalizes the body. Dilute well to avoid skin irritation.
- **Air It Out:** Add 3–5 drops of Thyme Essential Oil (White) to your aromatherapy diffuser and fill your space with a crisp, clarifying aroma that sharpens the mind and refreshes your environment. Note: White Thyme contains a high amount of thymol, which can irritate mucous membranes — always dilute well before use.

- Cleaner, Fresher, Greener: For an all-natural cleaner, mix 1 cup white vinegar, 1 cup water, and 30 drops of Thyme Essential Oil (White) in a spray bottle. Shake well before use on most surfaces — but avoid natural stone or delicate finishes.
- Buzz Off, Naturally: Add 1–2% of Thyme Essential Oil (White) to your insect-repellent sprays or lotions for a fresh, herbal defense against bugs.

**Size & Price:** Contact Us