

Oregano

Origanum vulgare 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **A** **T** **I** **D**

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, sharp, green, camphoraceous

Main Chemical Components: Carvacrol, thymol

PRIMARY BENEFITS

- Powerful cleansing and purifying functions
- Used in cooking

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Part Number: 30180406

Wholesale: HK\$235.00

Retail: HK\$390.00

PV: 30

PRODUCT DESCRIPTION

Oregano is one of the most potent and powerful essential oils and has been used for centuries in traditional practices. The primary chemical components of Oregano is carvacol, a phenol that possesses antioxidant properties when ingested. Due to its high phenol content, caution should be taken when inhaling or diffusing Oregano; only one to two drops is needed. Additionally, Oregano should be diluted with a carrier oil when applied to the skin. Oregano is a popular cooking spice. Oregano's aroma acts as an enhancer and equalizer in essential oil blends.

USES

- Add one to two drops to a veggie capsule.
- Put one drop in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Dilute one to two drops with a carrier oil then apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

