



BLENDS with Thyme Oil

By Salvatore Battaglia

Thyme oil has been referred to as one of the most important essential oils in aromatherapy. It is always important to be aware of the chemotype being used. I have been meticulous in sourcing the world's finest thyme oils from Spain and Morocco. I am very proud to present the following three thyme oils:

- *Thymus zygis* c.t linalool from Spain
- *Thymus saturejoides* c.t borneol From Morocco
- *Thymus vulgaris* c.t thymol from Spain

Very often the chemotype is not specified and a commercial grade of thyme oil with a high thymol content is used. This increases the risk of irritation and sensitisation to the skin and mucous membranes.

SAFE HOME

These two blends are rich in essential oils with excellent antimicrobial activity. Diffusing these blends will help to reduce airborne infectious organisms.

- 1 drop *Thymus zygis* c.t linalool
- 1 drop *Thymus saturejoides* c.t borneol
- 1 drop *Thymus vulgaris* c.t thymol
- 2 drops lemon
- 1 drop Blue Mallee Eucalyptus

or you may wish to try:

- 2 drops *Thymus zygis* c.t linalool
- 2 drops tea tree
- 1 drop cinnamon bark
- 1 drop fragonia

These blends are ideally used in a diffuser.

ANTITUSSIVE BLEND

This blend will help soothe and ease coughing associated with mucous congestion related to a respiratory tract infection.

- 1 drop *Thymus saturejoides* c.t borneol
- 1 drop *Thymus vulgaris* c.t thymol
- 2 drops cypress
- 2 drops pine

Add this blend to a diffuser or to 10ml of carrier oil and massage over chest.

RELAX

This blend helps to soothe and alleviate stress and nervous tension. It will promote emotional stability and renewal and should be used whenever mental and emotional confusion, and general feelings of distress are experienced.

- 2 drops *Thymus zygis* c.t linalool
 - 2 drops bergamot
 - 2 drops lavender
- or
- 2 drops *Thymus zygis* c.t linalool
 - 2 drops frankincense
 - 2 drops sweet orange

These blends are ideally used in a diffuser.

MUSCLE EASE

Thyme oil is often recommended to ease rheumatic pain, arthritis and muscular aches and pains from sports injuries. This blend is ideal to use as a massage oil.

- 2 drops *Thymus saturejoides* c.t borneol
- 2 drops kunzea
- 1 drop ginger
- 10ml of sweet almond oil

WAKE UP BLEND

Thyme oil is often considered a nerve tonic and mental stimulant. It may be used in a diffuser to alleviate mental fatigue.

- 2 drops *Thymus saturejoides* c.t borneol
- 2 drops rosemary
- 2 drops lemon

AROMA MIST

This blend is ideal to use as a room disinfectant spray

- 4 drops *Thymus vulgaris* c.t thymol
- 4 drops tea tree
- 4 drops lemon scented eucalyptus
- 20 drops essential oil solubiliser
- 50ml of purified or spring water
- 1 x 50ml glass spray bottle

Instructions for blending

1. Add 20 drops of essential oil solubiliser to the bottle
2. Add the essential oils to the solubiliser and gently mix
3. Slowly add the purified or spring water and shake well

ZHI TONIC

Thyme oil has always been associated with instilling courage and strength associated with willpower. In traditional Chinese medicine, the *Zhi* is associated with 'will'. This blend may be used to strengthen our willpower.

- 2 drops *Thymus vulgaris* c.t thymol
- 2 drops ginger, distilled
- 2 drops Atlas cedarwood
- 10ml jojoba oil

Add this blend to a pulse point bottle and apply over the pulse points.

SOOTHE

This is an ideal blend to add to a balm base to alleviate and soothe topical skin infections.

- 2 drops *Thymus zygis* c.t linalool
- 2 drops lavender
- 2 drops tea tree
- 15 grams of balm base.

You could use shea butter as your balm base or create a balm base using 15% cocoa butter and 80% sweet almond oil. See my recipe on page 121 of *The Complete Guide to Aromatherapy*, third edition, Volume I.