



Thyme Linalol Bio* - Sweet Thyme

(*Thymus vulgaris ct. linalol*)

*(Biologic/Eco-Cert Organic Essential Oil)

Stock #3916-6 (5 ml.)

The CT (chemotype) designation of *Thymus vulgaris ct. linalol* denotes that this essential oil of thyme contains a high alcohol content and is safer to use on the skin (diluted) than other thyme oil chemotypes. Thyme linalol is the only variety recommended for use in baths.^{1,2}

The mild, non-irritant qualities of linalol combined with the strong antiseptic properties of thyme make this chemotype an excellent oil for treating impurities of the skin. Thyme linalol is also an effective antimicrobial against *Candida albicans* and *Staphylococcus*. In addition, thyme linalol contains caryophyllene, a substance that provides the oil with strong antiviral activity.^{3,4}

According to in vitro studies, thyme oil has been shown to be effective against cryptococcal infections.¹

A study was conducted in France to determine which essential oils would purify and deodorize the air, destroying bacteria such as *Proteus*, *Staphylococcus aureus* and *Streptococcus pyogenes*. Thyme oil was among several vaporized essential oils that were found to effectively destroy 90% of microbes within 3 hours.¹

German scientists have conducted extensive research, testing the expectorant qualities of numerous essential oils. An increase in secretions and an increased concentration of mucus in the secretions were evidence of an expectorant effect. Of all the essential oils tested, thyme, pine, eucalyptus, and lemon were shown to provide expectorant actions, effectively relieving dry, nervous coughs. Researchers also determined that positive results were only achieved through inhalation of the oils, even in very small amounts. In fact, expectorant action was best achieved when the minimal dosage was used for inhalation, producing only a very faint scent in the air—too high of a dose changed the secretion-stimulating effect to a secretion-inhibiting effect. Plus, inhaling vaporized essential oils is also advantageous as, in many cases, infections linger in the sinuses between bouts. For example, in one randomized trial of 182 institutionalized patients, a mixture of the essential oils of clove, cinnamon, lavender, thyme and mint appeared to decrease the frequency of bouts of chronic bronchitis.^{1,3}

Some researchers believe that the expectorant ability of cough medicines is due largely to the local action of essential oils on the respiratory tract lining during exhalation (after the cough medicine has been swallowed). Not surprisingly, thyme oil is one of several essential oils regarded as beneficial for the treatment of chest infections and other respiratory problems—thyme preparations are commonly used in Germany for clearing chest congestion.^{1,4}

Thyme oil is believed to be particularly effective against infection by *Streptococcus aureus*, a common cause of coughs and colds. More specifically, thyme linalol is recommended for viral bronchitis—coughing without significant mucus or secondary infection, accompanied by mild fever or none at all—and as an inhalant or used with massage for catarrh—cold in the nose and throat with secondary bacterial infection and excess mucus. Thyme linalol is also beneficial for mild cases of tonsillitis.¹⁻⁴

Massaging thyme oil into the soles of the feet is typically a well-tolerated and very effective method of using this essential oil—oils used in this fashion reach the lower bronchial capillaries and, via the heart-lung circulatory system, the entire body, without being absorbed into the liver as with oral administration.³

Researchers have also studied essential oils to determine their effect on enteropathogenic—microorganisms that cause disease primarily in the intestinal tract—and spoilage bacteria strains. The essential oils of thyme (*Thymus vulgaris*) and clove bud (*Eugenia caryophyllata*) proved to be particularly effective, providing a large spectra action.⁵ In addition, extensive clinical data suggests that the essential oils of lemon (*Citrus limon*), lavender (*Lavandula angustifolia*), tea tree (*Melaleuca alternifolia*), or sweet thyme (*Thymus vulgaris*), diluted in distilled water and applied as a compress, can facilitate the mending of broken skin and be used to irrigate sores and wounds to prevent infection.¹

On a different note, European researchers conducted a randomized, double-blind, controlled clinical trial on the effects of aromatherapy for the treatment of alopecia areata. A preparation containing the essential oils of thyme, rosemary, lavender and cedarwood, in a mixture of grapeseed and jojoba carrier oils, were to be massaged into the scalp daily for 7 months. Photographic assessment at 3 and 7 months showed a significant degree of improvement in 44% of the patients using the essential oil preparation, compared with only 15% using the control preparation (which contained only grapeseed and jojoba oils). Thus, aromatherapy was confirmed to be a safe and effective treatment for alopecia areata.⁶

Thyme oil is contraindicated for individuals with epilepsy or hypertension, and should not be used during pregnancy.^{1,2,4}

References:

- 1 Buckle RGN, J. *Clinical Aromatherapy in Nursing*. San Diego, CA: Singular Publish., 1997.
- 2 Schiller, C. and Schiller, D. *Aromatherapy Oils: A Complete Guide*. NY, NY: Sterling Publishing Co., 1996.
- 3 Schnaubelt PhD, K. *Advanced Aromatherapy*. Rochester, VT: Healing Arts Press, 1995.
- 4 Wildwood, C. *The Encyclopedia of Aromatherapy*. Rochester, VT: Healing Arts Press, 1996.
- 5 Ramanoelina, A.R., et. al. "Antibacterial action of essential oils extracted from Madagascar plants." *Arch Inst Pasteur Madagascar*, 1987, 53(1): 217-226.
- 6 Hay, I.C., et. al. "Randomized trial of aromatherapy. Successful treatment for alopecia areata." *Arch Dermatol*; 1998, 134(11): 1349-1352.