

Oregano - this includes several essential oil specie of the organum families

Botanical names: Origanum compactum , Origanum vulgare

Countries of Origin - Morocco (O. compactum), all others are native to Europe, USA, India, South America, Russia, Bulgaria & Italy

Processed - Steam distilled

Part used - Flowering plant

Smell - Hot spicy, herb overtones, smells medicinal.

Color – pale yellow, gets darker with age.

Note - Mid note

Blends with: Lavandin, pine needle, spike lavender, citronella, rosemary, camphor, cedarwood and most all other herb type essential oils.

PROPERTIES & USES:

Traditional Therapeutic actions: Analgesic, (pain) , anti-rheumatic, antiseptic, anti-infection, antispasmodic (muscle relaxant), carminative, stimulant, disinfectant, expectorant, anti-fungal, anti-viral, bactericidal, tonic and general immune-stimulant.

Inhalation: May be helpful during colds, flus and other upper respiratory infections ,

External as in use in a Carrier or Massage lotion: sore muscles, aches and pains, including those from insect bites, Oregano needs to be properly diluted for use on the skin and may be helpful for fungal skin problems. DO NOT USE UNDILUTED ON THE SKIN, as chemical burns can occur.

Industry/Commercial/ Other uses: Food flavoring herb especially in the meat and pizza industries. Used in some soaps, men's colognes and perfumes

More notes: Most Oregano oils are high in the constituent carvacrol which is considered to be the one of the constituents that gives it its anti-infective properties.

Cautions:

Safe when properly diluted but it is best to avoid use on the skin if possible. This is considered a 'hot' oil, not by temperature, but by the sensations it produces on the skin. Used undiluted can cause chemical blisters to form. So use caution and ALWAYS dilute before application to skin. Can be used at 2% or less when used in massage, no irritation or sensitization noted but we encourage you to use 0.5% (1/2%) or less in any blend.

Any essential oil - ingested in large amounts can be fatal.

Keep out of reach of children. This oil should not be used on children or babies even if diluted.

MORE

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You should not use this information to replace medical advice given by a licensed medical practitioner. Anyone considering alternative therapies should remember to consult with their licensed medical professional before using any alternative or complementary method. We do not give nor is any opinion on our web site medical advice, they are merely suggested uses.

BLEND TO TRY

ROOM DISINFECTING SPRAY

[Room Spray Base](#) - 4 oz
[Bergamot](#) - 60 drops
[Oregano](#) - 40 drops
[Spearmint](#) - 25 drops
[Cedarwood](#) - 15 drops
[Cinnamon Leaf](#) - 10 drops
[Emulsifier](#) - 5 ml

Add essential oils and emulsifier into a clean bottle then pour [Room Spray base](#) into the bottle. Shake well then spritz in the air. Shake well before each use.

ACHES & PAINS RUB

1 Tablespoon [Almond Oil or carrier oil of your choice](#)
[Oregano](#) - 3 drops
[Peppermint](#) - 4 drops
[Cedarwood](#) - 2 drops
[Lavender](#) - 2 drops

Add essential oils to the 1 tablespoon Almond oil. Stir or shake well.

Massage into and rub out the Aches and Pains!

Sleepy Time

This blend may help relieve soreness so you can fall asleep more easily after a busy day.

[Neroli](#) - 4 drops
[Mandarin](#) - 3 drops
[Oregano](#) - 3 drops
[Lavender](#) - 3 drops
1 tablespoon [carrier oil of your choice](#)

Blend essential oils in carrier oil. Shake well and massage your legs, arms and back (if you can find someone to do this for you!).

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