



Thyme Oil

Mediterranean essential oil

INCI Name: Thymus Vulgaris (Thyme) Oil

Key Benefits:

- Antibacterial properties
- Anti-aging benefits
- Gentle for sensitive and acne-prone skin
- Purifying and protective properties

Background

Thyme is native to the Mediterranean basin and Balkan countries. The name Thymus is derived from the ancient Egyptian 'tham' or 'thm', which in Egypt designated a species of thyme used for fumigation and to wash corpses. This became the Greek 'thymus', which means 'courage'. Thyme is referred to as a medication from Galen and Pliny. It is thought that Benedictine monks brought thyme across the Alps around 1100 AD. It has been widely used in food preparations for its organoleptic qualities and its digestive effects. Thyme possesses several pharmacological properties: it is used for asthma, colds, and headaches. The essential oil is obtained by steam distillation of the flowering parts.

Cosmetic Properties

Thanks to the presence of p-cymene and thymol, this essential oil is a strong antibacterial and antimycotic. In particular, it can be used for the cosmeceutical treatment of acne due to its remarkable activity towards *P. acnes*, and also for genital infections (*Candidiasis*).

The essential oil and in particular the flavonoids contained therein, protect the skin from radical-induced damage.

Additionally, thanks to its purifying, tonic, and protective properties, this essential oil can be incorporated into hygiene and skin care products, such as shower gels, shampoo, deodorants, body lotions, and oral care products.

In an *in vitro study*, thymol has demonstrated the ability to inhibit the enzyme hyaluronidase, which is responsible for hyaluronic acid fragmentation. As a result, the oil is suitable for anti-aging products.

Typical Properties	
Appearance @ 25°C	Clear Yellow to Brown Liquid
p-Cymene, %	25 - 35
Thymol, %	35 - 60
γ-Terpinene, %	3 - 6
Cavacrol, %	1.5 - 3.0
1,8 Cineol (Eucalyptol), %	0.5 - 2.5
β-Pinene, %	0.3 - 0.5
Solubility	In ethanol, oil and fats
Recommended Use Level	0.1 - 0.9%

Product Applications:

- Cosmeceutical treatment of acne products
- Intimate wash products
- Anti-aging products
- Medical devices
- Antibacterial skin care products
- Oral care products
- Toiletries

Active Compounds: p-cymene and thymol

