

OREGANO

Origanum vulgare

Oregano—a member of the mint family—is a well-known culinary herb that can be found in kitchens around the world. Its name is derived from a Greek word that means “joy of the mountains.” It takes 1,000 lbs. of flowering oregano herbs to produce just 1 lb. of Améo Oregano essential oil.

BENEFITS

Due to Oregano oil’s various cleansing properties, it has a wide array of uses. Its sharp and herbaceous scent has a positive influence on mind, body, and spirit, making individuals feel more safe and secure.

ORIGIN / EXTRACTION PROCESS

The botanical used to create this oil was grown in Austria, and it was extracted by steam distillation.

SUGGESTED USES

- Rub 1-2 drops of Oregano oil into palms and inhale deeply through the nose and mouth, or diffuse in an Améo diffuser, to promote normal respiratory function
- Massage 1-2 drops of diluted Oregano oil into calluses to help ease them
- Dab 1-2 drops of diluted Oregano oil in mouth to aid in oral health
- Add a few drops of Oregano oil to bath water to aid your immune system
- Dilute Oregano oil to 50% and rub over the chest, or diffuse in an Améo diffuser with Eucalyptus Radiata or Eucalyptus Globulus oil, to aid in normal respiratory function
- Add a few drops of Oregano oil to an Améo Veggie Cap and consume to promote normal immune system function

