

## PRODUCT SUMMARY

As an herb, oregano shines in Italian and Mediterranean cuisine; but as an essential oil, it has a wealth of benefits and uses outside the kitchen. Oregano essential oil's warm, herbaceous scent is excellent at purifying the air when diffused with oils such as Peppermint. It also pairs especially well when combined with V-6™ Vegetable Oil Complex and used in massage. That's why you can find Oregano in Ortho Sport® Massage Oil and Young Living's proprietary Raindrop Technique®.

## KEY INGREDIENTS

Oregano essential oil

## EXPERIENCE

Oregano essential oil has a warm, herbaceous scent that can help purify the air when diffused with other essential oils such as Peppermint. It can also be added to V-6 for massaging fatigued areas after activity.

## PRODUCT BACKGROUND

The word "oregano" originates from the Greek words "oros" and "ganos," meaning "joy of the mountains." The herb is believed to have been found in the mountainsides of Greece, Italy, and the Mediterranean.

The oregano plant, which is now known around the world, can grow up to 30 inches tall and produces purple flowers. The leaves are steam distilled to create the powerful Oregano essential oil, which is a key ingredient in Ortho Sport Massage Oil and ImmuPower™ and an important component in the Raindrop Technique.



Topical



Aromatic



Dilute

## BENEFITS & FEATURES

- Has a warm, herbaceous scent
- Is great for massage, especially on fatigued areas after activity
- Includes the naturally occurring constituents carvacrol, beta-caryophyllene, and thymol
- Helps purify the air when diffused

## SUGGESTED USE

- Diffuse Oregano at home to create a comforting environment.
- Add Oregano to V-6 Vegetable Oil Complex and massage it into fatigued muscles after activity.
- Use it as part of the Raindrop Technique.
- Diffuse it with Peppermint throughout your work space to help purify strong odors.

# OREGANO



## DIRECTIONS

**Topical:** Dilute 1 drop with 4 drops of V-6™ or olive oil. Test on a small area of skin on the underside of your arm and apply to desired area as needed.

**Aromatic:** Diffuse up to 10 minutes 3 times daily.

## CAUTIONS

Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

## INGREDIENTS

*Origanum vulgare*† (Oregano) oil  
†100% pure, therapeutic-grade essential oil

## ALSO AVAILABLE

Oregano Vitality™ Essential Oil (Item No. 5594)

## FREQUENTLY ASKED QUESTIONS

**Q. Does Oregano essential oil need to be diluted for topical application?**

A. Dilute 1 drop with 4 drops of V-6 or olive oil. Test on a small area of skin on the underside of your arm and apply to desired area as needed.

**Q. What is the aroma of Oregano essential oil?**

A. Oregano essential oil has a warm, herbaceous aroma that can create a relaxing environment.

**Q. Can Oregano essential oil be ingested?**

A. Oregano essential oil is labeled for topical and aromatic use and is not intended for internal consumption. Be sure to always follow individual label instructions for Young Living products. Try Oregano Vitality for internal consumption.

## COMPLEMENTARY PRODUCTS

Rosemary  
Essential Oil  
Item No. 3626



Basil Essential Oil  
Item No. 3500



V-6™ Vegetable  
Oil Complex  
Item No. 3031



Desert Mist™  
Ultrasonic Diffuser  
Item No. 21558

