



Thymus vulgaris

Family: *Labiatae/Lamiaceae* - Mint family

Parts Used: leaves and blossoms

Properties:

Antibacterial, antibiotic, antifungal, antioxidant, antimicrobial, anti-spasmodic, antiseptic, anthelmintic, anti-viral, astringent, carminative, diaphoretic, diuretic, emmenagogue, expectorant, germicide, nervine, preservative, vulnerary.

Beauty and Personal Care:

- cleanses and deodorizes the skin
- tones and firms skin
- acne
- herbal steam, toner, cleanser, cream
- soap, deodorant
- mouth wash
- toothpaste
- stimulates hair growth
- strengthens fragile hair
- helps with alopecia and hair loss
- head lice

In the Home:

- use as a natural food preservative to keep dishes from spoiling
- disinfects, sterilizes and deodorizes - use in all your household cleaners
- repels gnats and mosquitoes

Medicinal Uses:



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- sore throat and inflamed tonsils
- stuffy noses, coughs, cold, and flu
- aids the respiratory system helping with bronchitis, whooping cough, asthma, chest colds, etc.
- respiratory infections and support
- hay fever
- stimulates the immune system which aids the body in fighting colds, flu and illness
- first aid; antiseptic and disinfectant properties cleanse wounds, prevent infection and aid in healing
- mild anesthetic
- infection of all kinds including bacterial such as ringworm, athlete's foot and other fungal infections
- skin infection, sores, cankers, mouth ulcers
- eye infections, conjunctivitis (pink eye), sties
- gum inflammation and infection
- digestive complaints: cramps, gas, colic, tummy ache, indigestion, vomiting, etc.
- food poisoning
- headaches and minor pain
- worms and parasites
- gout discomfort
- strengthens and supports the glandular system
- strengthens and supports the nervous system
- supports good skin health and aids body in healing skin conditions
- liver and gall bladder support
- stimulates the appetite and helps fats digest more readily
- sleeplessness, nightmares, and dizziness
- full of trace minerals, including iron - helps with anemia

Methods of Use:

- Herbal infusion (tea)
- Herbal Oil
- Herbal baths and foot soaks
- Steam inhalation – cough, cold and respiratory complaints
- Essential oil - since this is a "hot" oil make sure to use a carrier oil if applying directly to the skin.
- Use lots of thyme in cooking preparations during cough and cold season. You can also make thyme butter, thyme honey, thyme oil and herbal salts and



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sprinkles. The Herbal Kitchen has great recipes using other herbs as well for all of these methods.

- Compress/fomentation
- Tincture, glycerite, vinegar and linament.
- Thyme honey. Can add a Tbsp. into a hot cup of water to make an instant tea.
- Salves, ointments, and balms
- Herbal sachet or pillow

In the Garden:

Care

- Best started from a root division or nursery plant.
- Plant in full sun, with well drained soil, even sandy soil would be good.
- Likes it dry so water lightly. Too much moisture will rot the roots.
- Grows well in a container, it can then be brought in for the winter months.
- Mulch in the fall to protect from frost.
- Separate and replant every three years to keep it growing strong and healthy.
- Trim plants back in the spring and summer to contain woody growth and keep bushy. Do not trim in the fall or frost could harm the plant during the winter.
- Remove and replace areas that die out.
- Surround with egg shells to deter ants (although I've never had a pest problem with mine).
- Plant thyme with cabbage to deter root fly and cabbage moths. It also does well in containers and window boxes.

Harvesting:

- Can be harvested anytime.
- Harvest either by cutting leaves as needed or cutting branches from the base and hanging to dry.
- Blossoms are at their medicinal best when first opening.
- Use fresh in recipes or dry for future use. Once dried run your fingers down the stalk to remove the leaves, store in a glass container where they will keep for up to a year in a cold, dark, location.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.