White Thyme Oil has a sweet, spicy, herbal aroma. Enjoy its uplifting, stress relieving scent as a vaporizing essence. It blends well with Lavender, Bergamot and Rosemary oils. Aromatherapy Uses: Mood-Uplifting, Purifying. Safety Information: Keep out of reach of children. For external use only. Dilute properly. Avoid use if pregnant. People with high blood pressure should avoid. Warning: Skin irritant, use cautiously.