

# Thymis

Plant part: Aerial parts

Plant name: Thyme

Scientific name: *Thymus vulgaris*

INCI name: Thymus Vulgaris Leaf Extract

IECIC 2021 name: THYMUS VULGARIS (THYME) LEAF EXTRACT

# Plant Story

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*Thymus vulgaris* is an evergreen perennial/ shrub indigenous to the Mediterranean. Its name originates from the Greek word 'thumos' meaning courage/strength or could relate to 'thymiama' meaning incense as a result of its use for its strong aromatic properties.

The plant has small aromatic leaves with purple, pink or white flowers, which bloom in late spring/summer from June – August. It grows to around 0.2 meters tall and has been used as an incense and culinary herb.

# Uses of Thyme

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- Thyme is known for its use in cooking as a flavouring for food, in fresh or dried form. It can also make a very strong-tasting tea from use of the leaves.
- Can be an effective remedy for whooping cough, catarrhs and sore throats but is also a good tonic to the immune system due to thyme's antiseptic and tonic properties.
- The essential oil of Thyme is used in cosmetics, such as, perfumery, soaps and toothpastes but also for aromatherapy. In dried form, the leaves can also be added to pot pourri.



# Scientific Research

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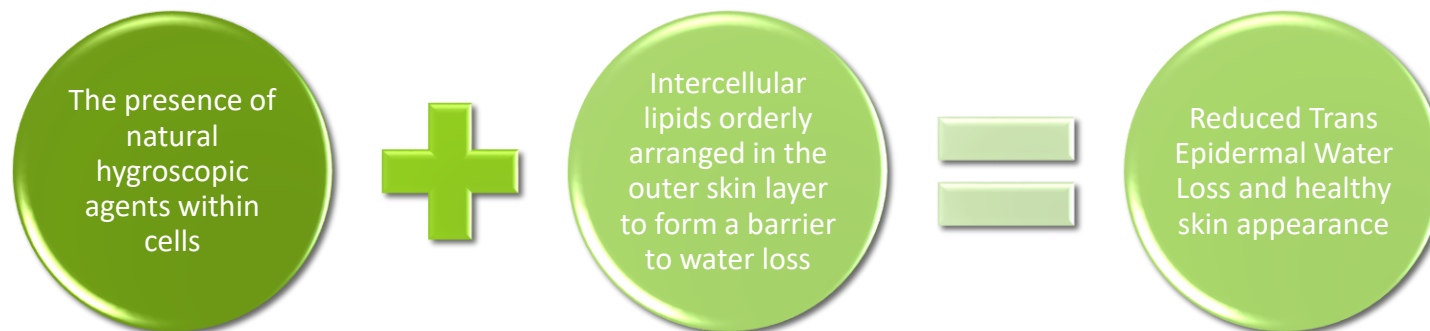
- In Western herbal medicine, Thyme extracts is used as an antiseptic and anti-inflammatory agent.
- Its major components, thymol and carvacrol were evaluated as efficient antioxidant *in vitro*, supressing ROS generation.
- Recently, Thyme extracts have shown antiphotoaging activities by protecting keratinocytes from genotoxic events.

# Skin Structure

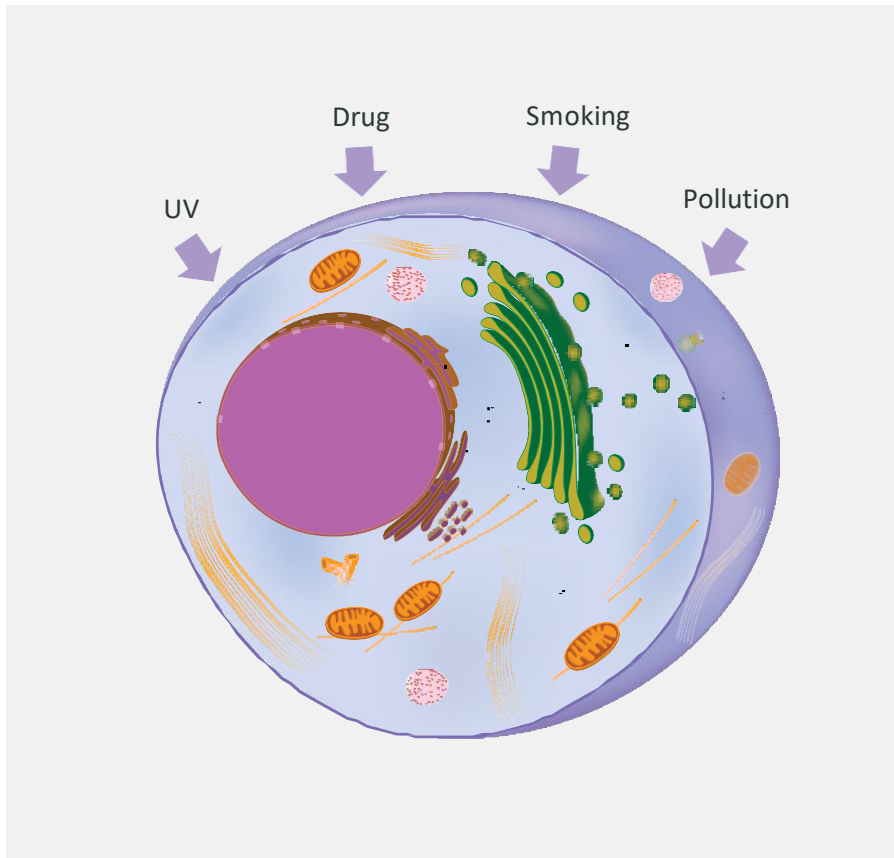
## Four Layers

- Stratum corneum
- Stratum lucidum
- Stratum granulosum
- Stratum spinosum

### ➤ Retention of water in the skin



# Antioxidants

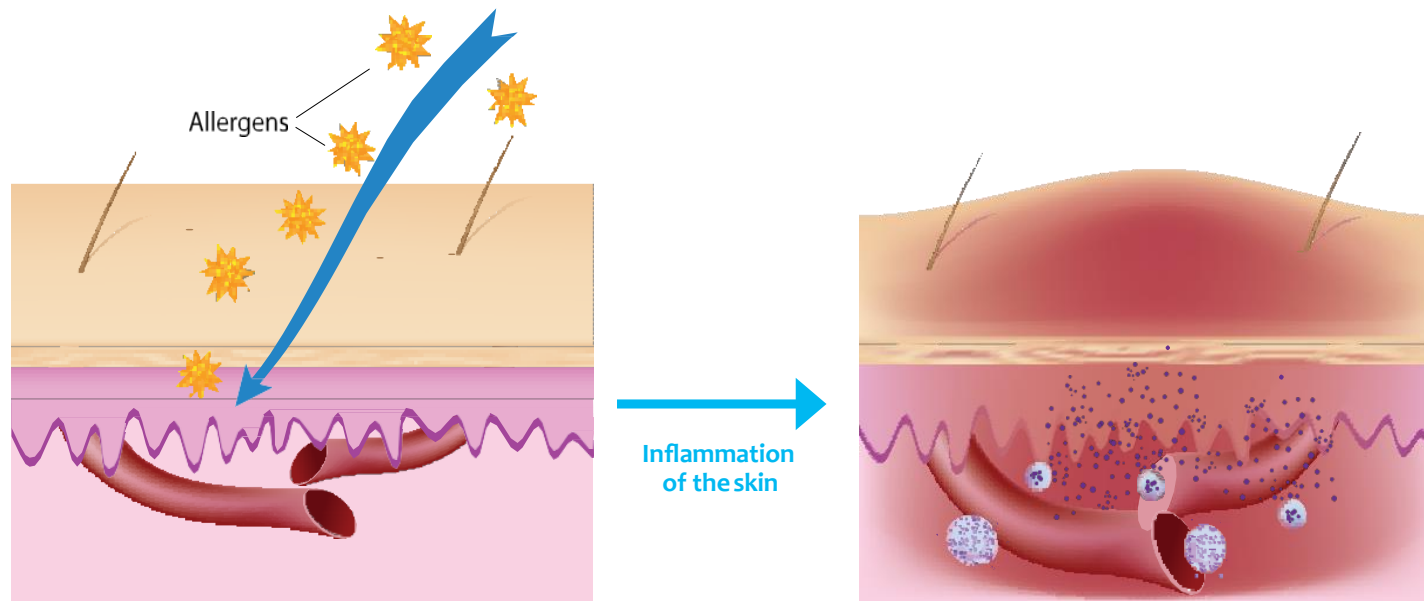


Our skin is under attack from many factors in daily life, such as UV, pollution and smoking. These factors increase the Reactive Oxygen Species (ROS).



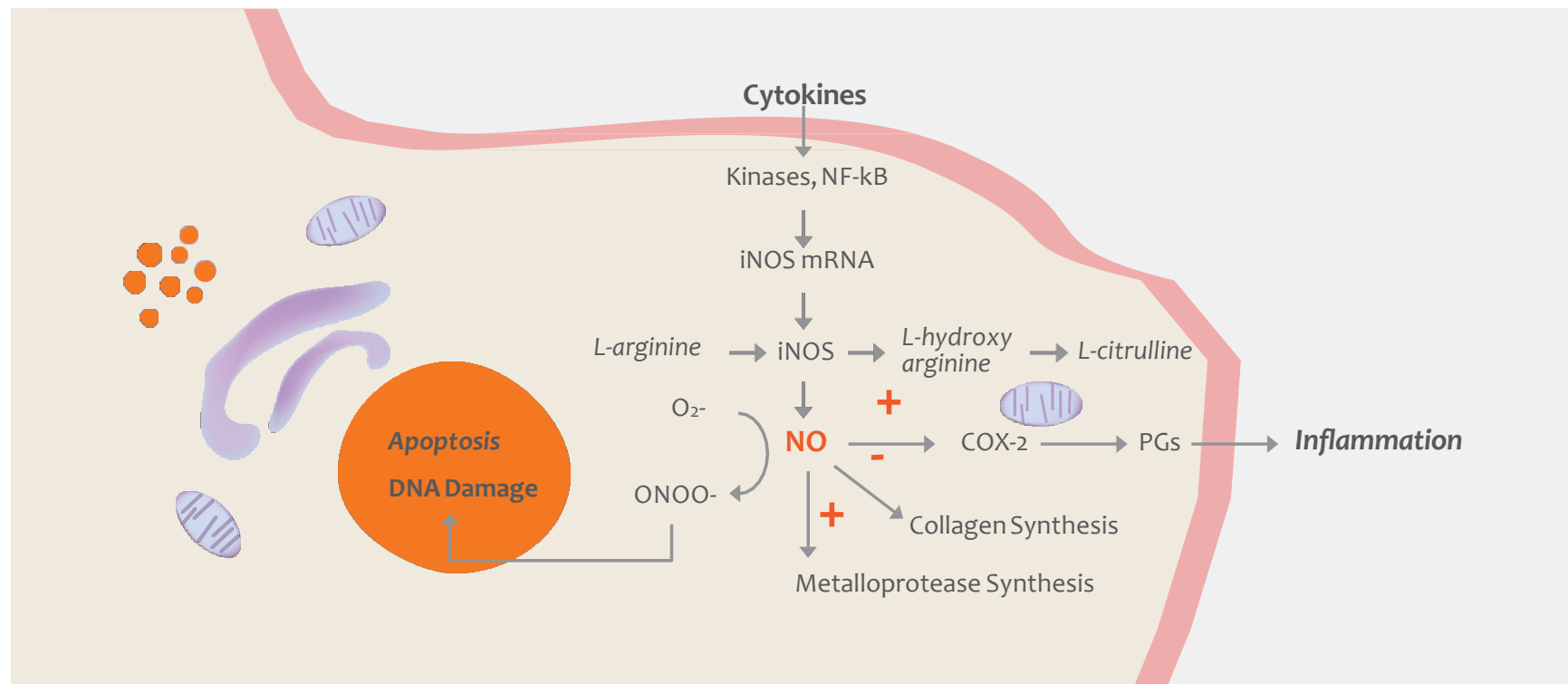
Antioxidants from Thymis can inhibit the generation of ROS and in turn inhibit cellular damage.

# What is Inflammation?



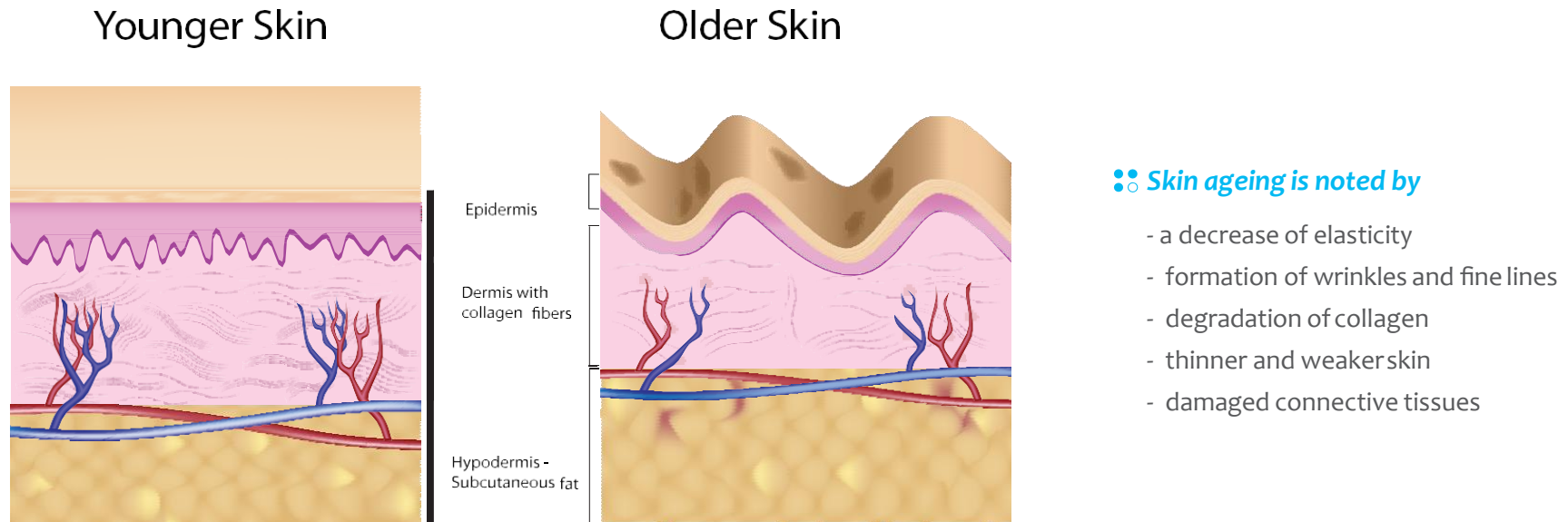
Inflammation is part of the complex biological responses to a wide range of harmful stimuli including injury, tissue necrosis, infection, and irritants. The purpose of inflammation is to destroy (or contain) the damaging agent, initiate repair processes and return the damaged tissue to useful function. The symptoms of inflammation are redness, swelling, heat, and pain, which are caused by increased blood flow into tissue. The immune system is responsible for protecting our body from the harmful stimuli and of maintaining homeostasis. Disorders of the immune system can result in autoimmune diseases, inflammatory diseases, and cancer. In an attempt to protect the body, the immune system might overreact to the stimuli, and this might cause allergy or inflammatory reactions.

# Inflammation Mechanism





# Skin Ageing and Wrinkle Formation



Skin changes with increasing age due to both intrinsic and extrinsic factors. Intrinsic skin aging is determined by genetic factors, hormonal status and metabolic reactions such as oxidative stress. One of the most important extrinsic skin aging factors is induced by UV radiation by sun exposure, referred to as photoaging. Smoking cigarettes and environmental pollution are also essential factors in premature skin aging and wrinkle formation.

## *Thymus Vulgaris (Thyme) Leaf Extract*

- **INCI Name:** Thymus Vulgaris (Thyme) Leaf Extract
- **INCI Monograph ID:** 19587
- **VCRP Reported Name:**  
Thymus Vulgaris (Thyme) Leaf Extract

**VCRP Frequency of Use as of 02/2018 :**  
12

- **CAS No:** 84650-52-2  
84929-51-1
- **EINECS (I) / ELINCS (L):** 284-535-7 (I)

- **Definition:** Thymus Vulgaris (Thyme) Leaf Extract is the extract of the leaves of *Thymus vulgaris*. For further information regarding functions and cosmetics/drugs, see "Regulatory and Ingredient Use Information," Volume I, [Introduction](#), Part A, Nos. 9 and 10.
- **SAFETY/REGULATORY INFORMATION**
- **Information Source(s):** [21CFR182.20](#), [21CFR582.20](#), UNII: GRX3499643
- **Chemical Class(es):** [Botanical Products and Botanical Derivatives](#)
- **Reported Functions:** [Skin Protectants](#)
- **Reported Product Categories:** [Body and Hand Preparations \(Excluding Shaving Preparations\)](#)
- **Ingredient Source(s):** Plant
- **Technical Name(s):**
  - Thyme Extract
  - Thyme (Thymus vulgaris L.) (RIFM)
  - Thymus Vulgaris Extract
- **Trade Name(s):** [Click here to view full list of Trade Names](#)
- **Trade Name Mixture(s):** [Click here to view full list of Trade Name Mixtures](#)

Source: Personal Care Products Council

# Reported Functions

# Product Information

**Product Name :** Thymis


**INCI name :** Thymus Vulgaris Leaf Extract  
(China Compliant)

**Dosage :** 1 – 3%

**Formulation :** Add to the formulation  
when the temperature is lower than  
55°C.  
Recommended to add after the cooling  
process.

**Storage :** Avoid direct light or UV.  
Keep it in a cool and dry area.





## The Secrets of Caledonia

The Secrets of Caledonia (TSOC) is a supplier of natural cosmetic ingredients inspired by Scottish traditional herbal medicine. Taking advantage of Scotland's biodiversity and working in collaboration with established Scottish herbalists, we aim to provide the most effective and innovative natural ingredients at the highest quality.



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