Spanish oregano is an oregano from the Thymus genus. Its Spanish nicknames make this clear: "tomillo Andaluz" (Andalusian thyme) and "tomillo Carrasqueño" (hard thyme). In the Lamiaceae family, it is often confused with thyme or marjoram which, along with the oreganos, for a complex botanical ensemble. Spanish oregano is a small shrub with narrow, aromatic, gray-green leaves. It bears white to pink tubular flowers grouped in inflorescence clusters. Flowering oregano sprigs are harvested from May to August. When distilled, they produce an agrestic, phenolic, and spicy essential oil.

Spanish oregano differs in composition from Origanum vulgare. The carvacrol content – the molecule responsible for oregano's characteristic warm, spicy aroma – is much higher in the Spanish plant. It grows wild in Andalusia and, more generally, throughout southern Spain. It is also found in southern France, Sardinia, Italy, Croatia, Greece, Turkey, and Israel. The name "oregano" comes from the Greek oros, meaning "mountain", and ganos, "ornament."