

# Manuka

LEPTOSPERMUM SCOPARIUM

Manuka essential oil is derived from the New Zealand Manuka tree. This oil has a wide range of benefits, including antimicrobial properties. Manuka oil can treat wounds, skin infections, and even colds and flu symptoms.

## COUNTRY OF ORIGIN

New Zealand

## EXTRACTION METHOD

Steam Distillation

## PLANT PART

Leaves, seeds, bark, gum

## BOTANICAL FAMILY

Myrtaceae

## CHEMICAL FAMILY

Ketones, Sesquiterpenes

## AROMA

Spicy, Sweet, Warm

## NOTE

Middle

## SAFETY

- Avoid use during pregnancy.
- Avoid contact with eyes, ears or other sensitive areas.
- May cause skin irritation or sensitization if the oil has oxidized. Use at least 2% dilution.

## THERAPEUTIC PROPERTIES

Manuka essential oil has a wide variety of therapeutic properties. One of the most important is that it can help improve circulation, which can help treat conditions like colds or poor circulation in general. Also, manuka oil can help to boost the immune system, making it an ideal oil to use during winter. Manuka oil has antimicrobial properties, making it helpful in treating skin infections or wounds.

ANALGESIC	ANTIALLERGENIC	ANTIBACTERIAL
ANTI-HISTAMINE	ANTI-INFLAMMATORY	ANTIMICROBIAL
ANTISPASMODIC	ANTIVIRAL	DEODORANT
EXPECTORANT	SEDATIVE	

## BODY SYSTEMS

INTEGUMENTARY

INFLAMMATION, SCARS

IMMUNE

BOOST IMMUNE SYSTEM, COLDS, INFLAMMATION IN THE LUNGS OR COLON

LIMBIC

RELAXING

MUSCULAR

ACHING MUSCLES, JOINT PAIN

URINARY

BLADDER INFECTION



## BODY SYSTEMS (CONT.)

### RESPIRATORY

### ALLERGIES, COUGHS

#### REFERENCES:

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5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS