

# Mānuka

*Leptospermum scoparium* 5 mL

# dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T N

**Plant Part:** Branch/Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Rich, spicy, sweet, and herbaceous

**Main Chemical Components:** Leptospermone, E-calamenene, alpha-copaene

## PRIMARY BENEFITS

- Promotes inner strength, courage, and protects against negative external influences
- Calming and soothing

## PRODUCT DESCRIPTION

Manuka oil comes from a sturdy, hardy, tall plant that thrives in extreme environmental conditions. Used in traditional health practices by New Zealand natives, Manuka essential oil is known for its soothing and calming benefits—topically and aromatically. Manuka is highly complementary to a stress-relieving massage. Aromatic use inspires inner strength and courage. Manuka essential oil is also known to ground and center energies, while shielding yourself in preparation for personal meditation.

## USES

- Use as a part of a relaxing massage.
- Add a few drops of Manuka to water, with a drop of Peppermint and Lemon oil for a refreshing mouth rinse and breath freshener.
- Mix a few drops of Manuka with water in a spray bottle to help clean and refresh surfaces.
- Diffuse to help soothe and calm.

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of choice.

**Topical Use:** Dilute one to two drops with a carrier oil then apply to desired area. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

