

# MĀNUKA

*Leptospermum scoparium 5mL*

*Rich, spicy, sweet and herbaceous*

*Aromatic description*

## PRIMARY BENEFITS

- Promotes a soothing environment when diffused.
- Refreshing aroma.
- Promotes the appearance of smooth, healthy skin.

## PRODUCT DESCRIPTION

Revered by the Maori people for its many invigorating properties, Mānuka has been used for centuries in New Zealand. dōTERRA's New Zealand Mānuka Essential Oil is a pure steam distillation of the potent aromatic compounds found in the flowers, leaves and stems of the Mānuka tree.

Mānuka essential oil has a rich, spicy, herbaceous fragrance that can help promote a soothing sensation.

Use Mānuka essential oil to help ground and centre energies in preparation for deep meditation. Mānuka essential oil can also be diffused for a refreshing aroma.

Applied topically, Mānuka promotes the appearance of smooth, healthy looking skin.

## USES

- Diffuse during meditation to help centre one self.
- Combine with water in a spray bottle for a refreshing aroma in rooms and closets or on surfaces.
- Dispense two to three drops on a terracotta plate and breathe in deeply before bedtime.
- Add one to two drops to your favourite cleanser or toner to help maintain the appearance of a smooth, clear complexion.

## DIRECTIONS FOR USE

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

**TOPICAL USE:** Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions to the right.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.



Certified Pure Tested Grade

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