

Mānuka

Essential Oil 5 mL

dōTERRA®

Product Information Page



CPTG

Application: A | N

Plant Part: Branch/Leaf

Extraction Method: Steam distillation

Aromatic Description: Rich, spicy, sweet, and herbaceous

Main Chemical Composition: Leptospermane,
E-calamenene, alpha-copaene

Primary Benefits

- + Calming and soothing when diffused

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, 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

- + Mix a few drops of Manuka with water in a spray bottle to help clean and refresh surfaces.
- + Diffuse for a soothing and calming aroma.

Directions

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

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.