

MANUKA

leptospermum scoparium

history:

Manuka is a shrub native to New Zealand. *Manuka honey*, famous for its healing quality, comes from bees feeding on the immunity-boosting manuka flowers.

Similar to tea tree, manuka is incredibly antibacterial, cleansing and healing. But with an added sweet touch, it also provides soothing anti-inflammatory relief to irritated, chapped, burned, dry and inflamed skin.

The combination promotes clear, and calm skin, strengthened to be resilient to environmental irritants.

properties:

- anti-bacterial
- analgesic (pain reducing)
- antiseptic (cleansing)
- anti-inflammatory
- anti-fungal
- vulnerably (skin healing)

uses:

for skin:

Clear and heal breakouts, acne, irritations and inflammation with a healing and soothing serum. Combine 30ml jojoba oil with 9 drops Manuka essential oil.

for feet:

Add a few drop to a foot bath with epsom salts to deodorise and cleanse feet. Especially good for treating fungal conditions like athletes foot.

for scalp/hair:

Treat itchy scalp with a clarifying manuka and vinegar rinse. Mix 1 cup of water, 1 tbsp of apple cider vinegar, 5 drops manuka.

for aromatherapy:

Manuka essential oil has a very calming effect, dispelling negativity and worry. Add 4 drops to a diffuser. It's great for bedtime to promote peace of mind and restful sleep.