

# Niaouli

## *Melaleuca quinquenervia* bs. *viridiflora*

**Therapeutic Properties:** Analgesic, anthelmintic, anticatarrhal, antirheumatic, antiseptic, antispasmodic, bactericidal, balsamic, cicatrizant, diaphoretic, expectorant, regulator, stimulant, vermifuge

Niaouli is gentle and seldom irritates, which makes it suitable for use on children. The capacity of Niaouli to promote the formation of new tissue should not be underestimated, and it should be the first choice when treating abrasions, cuts, and skin blemishes.

Historically, Niaouli has been used for aches, acne, bronchitis, colds, coughs, cuts, dull skin, flu, oily skin, sore throat, and whooping cough. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 56-66.]

The French use this oil in most hospitals all over the country, especially in the gynecological and obstetrics wards, for its antimicrobial properties, and this oil is also implemented into their pharmacopoeia.

### aromatherapy & home uses

**Circulation, Muscles, and Joints:** Arthritis, muscular aches and pains, rheumatism, sports injuries, sprains, etc.

**Digestive System:** Abdominal cramps, colic, dyspepsia, flatulence, nausea.

**Immune System:** Colds, fevers, flu, infectious illnesses.

**Nervous System:** Headaches, nervous exhaustion, neuralgia, sciatica.

**Respiratory System:** Asthma, allergies, bronchitis, catarrh, coughs, throat and mouth infections, etc.

**Skin Care:** Cuts, sores, ulcers, firms tissues and aids healing, acne, boils, burns, useful for washing infected wounds.

### suggested usage (10 years & up)

#### BATH:

- 20 drops Niaouli in ½ cup of Dead Sea Salt in a warm sitz bath will benefit those suffering from urinary infection or cystitis.

#### INHALATION

- Diffuse 15 minutes per hour throughout the day to assist with respiratory congestion.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.
- As a valuable addition to respiratory blends when rest isn't an option, add 2 to 8 drops of Niaouli.

#### INTERNAL

- For a sore throat, mix 3 drops of Niaouli and 3 drops of Tea Tree in 6 ounces of water and gargle.

#### MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

#### TOPICAL

- Apply neat on soles of feet. Effective when used at the beginning of illness to fortify the body; useful in any weakened condition.
- Apply 1 drop neat to pimples or skin blemishes.
- Apply 1-2 drops neat to cuts and scrapes to disinfect and aid healing.
- Use directly on areas where muscle pain, aches, or inflammation is causing discomfort.
- Create an effective chest rub for respiratory congestion by mixing 15 drops of Niaouli and 10 drops of Eucalyptus Radiata into 1 tablespoon of carrier oil.

### responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

### attributes

#### Wildcrafted

**Producing Organ:** Leaves

**Extraction:** Steam Distillation

**Country of Origin:** Australia

### topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

### pregnancy & children

#### Topical

- Infant to 3 months - 1 drop in 10 ml carrier oil
- 3 months to 3 years - 2 drops in 10 ml carrier oil
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed

#### Bath

- Infant to 3 months - not recommended
- 3 months to 3 years - 1 drop in 1 tablespoon of Baby Bliss Shampoo & Body Wash
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - safe when used as directed

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

### availability

#### 10ml Bottle



#### QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

#### DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.