

Fungal Relief

SOOTHING BLEND 10ml

Fungal Relief is formulated with essential oils known to have constituents that assist and support the body with fungal concerns.*

Fungal infections get in through cracks in the nail bed or cuts in the skin. Because toes are often warm and damp, different kinds of fungus, and sometimes yeast, are often found there. Left untreated, such infections could spread to other parts of the body.*

As we age, the potential for fungal infections increases. Those suffering from diabetes, smokers, and those with a weak immune system are also at higher risk. Spending lots of time in the water or previous injury to a nail bed can increase the odds of fungal infection as well.*

Both Spike Lavender and Niaouli have excellent anti-fungal and antibacterial properties, making them helpful in both the treatment and prevention of fungal infections.*

ingredient highlights

- **Spike Lavender:** Unique among lavenders in that it contains cineole which gives it many of the beneficial properties of eucalyptus, but in a softer, more tolerable form. Spike Lavender is more antiseptic due to the cineole and camphor content, and is often used in hand soaps and for wound healing.*
- **Niaouli:** A cousin to Tea Tree, Niaouli has traditionally been used as an antiseptic to treat wounds, discourage infections, and sanitize spaces. Its main chemical constituents are 1,8 cineole, α -pinene, and viridiflorol, all of which are well-known for their purifying properties.*
- **Macadamia Nut:** Has potent anti-fungal, antibacterial, and anti-inflammatory properties. Macadamia oil closely mimics the natural sebum of skin, which makes it beneficial to skin healing from fungal infection.*

uses

- Apply 2 to 3 drops neat (undiluted) directly to areas of concern up to three times per day. Can be used for an extended period of time.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 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.*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce).*

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application methods

Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

ingredients

Lavandula latifolia (Lavender Spike),
Melaleuca quinquenervia (Niaouli),
Macadamia integrifolia (Macadamia Nut),
Cocos nucifera (Fractionated Coconut)

responsible cautions

- Not recommended for use in children under 3 years of age.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

**The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

Niaouli

melaleuca quinquenervia cineolifera 10ml

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.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 15 minutes per hour throughout the day to assist with respiratory congestion.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.*

bath

- **Bath:** Add 20 drops of Niaouli to ½ cup of Dead Sea Salt for a warm sitz bath to benefit those suffering from urinary infection or cystitis.*

internal

- **Gargle:** For a sore throat mix 3 drops of Niaouli and 3 drops of Tea Tree in 6 ounces of water and gargle. Do not swallow.*

topical

- **Feet:** Apply neat (undiluted) on soles of feet. Effective when used at the beginning of illness to fortify the body; useful in any weakened condition.*
- **Massage:** 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.*
- **Massage:** Use directly on areas where muscle pain, aches, or inflammation is causing discomfort.*
- **Skin:** Apply 1 to 2 drops neat (undiluted) to cuts, scrapes, pimples, and other minor skin irritations to disinfect and aid healing.*

topical dilution guidelines

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- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
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application methods

Aromatic • Bath • Internal • Topical

safety group: 1

Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.

properties

Wildcrafted

Producing Organ: Leaves

Extraction: Steam Distillation

Country of Origin: Australia

Main Chemical Constituents: cineol, terpineol, pinene

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

responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Non-toxic, non-irritant, non-sensitizing
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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