

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.

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