

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

- **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).*

goDesana

Product Information Page



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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