

# 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 2<sup>nd</sup> trimester at 3% dilution(15 drops/1 ounce).\*

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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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# Seasons of Success

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The Seasons of Success oil blends assist in overcoming negative emotions and beliefs that limit you from thoroughly enjoying success and happiness.\*

From the first day of Spring, and following the natural cycle of creative energy, each unique blend reflects the energy of a specific month of the year. We start with the Spring Equinox, a time of planting and creating. We then move to the Summer Solstice, a time of nurturing what you have created. From there we enter the Fall Equinox, a time to harvest what you created and nurtured, ending the Seasons of Success line with the Winter Solstice, a time of reflection and review of what you have accomplished and making plans for the future.\*

Even though the blends reflect the months of the year with a natural flow of energy, you do not have to wait until Spring to start your pathway to success; you can start any time. The blends contain the energy that naturally occurs in the month they were created. Start by using the blend created for the current month.\*

You probably know that if you want to change a habit, you need to practice a new way of thinking consistently for at least 28 days for it to stick. With these fantastic blends and the intention that goes with them, you have a partner on your success journey to creating a new you. If used as intended, at the end of twelve months you should be a happier person in every area of your life; family, health, financial, and business relationships. As with anything, you will get out of it what you are willing to put into it; time, dedication, and, most of all, an unwavering commitment to your success.\*



## spring Prosperity • Letting Go Of Fear • Personal Power

Here, we have outflowing energy giving us inspiration and freedom from limitation. This is where we experience the power of discovery and the birth of new projects. This is the period of the Earth's natural cycle when the energy to initiate a start-up, or start over, naturally supports your efforts. Using the three blends coinciding with the three months of Spring, you can align with this natural energy.\*

## summer Seeing The Big Picture • Joy • Stop Self Sabotage

Summer is the definition of joy, fun and the inner child. The good weather gives us optimism and is a great time to "see the bigger picture". Sunlight always helps us feel like we can accomplish anything we set our mind to. Take your inner child out to play and when you return to work you will be happier and more effective than ever. Keep in mind, your business partners will follow the example you give them.\*

## fall Self Aware • Gentle Change • Compassion

We generally associate Fall with harvest time, cooler nights, shorter days, and pumpkin pies. At this point you can reflect on your family, friends, partners, and loved ones who have joined you on this journey. You have worked through the first six emotional blends and increased your potential for emotional healing and success while guiding others to do the same. In Spring, you planted the first seeds of emotional healing and success, and in Summer you nurtured those seeds into a robust and self-empowered circle. It is now time to consider what comes next. It is important to remember that people don't always do what you say, they do what you do. The blends for Fall will help you refine how you move forward to even more significant emotional healing and success for everyone.\*

## winter Gratitude • Hope • High Vibe

The season of Winter is where you gain wisdom from the experience you had in the seasons before, and start anew with that experience embodied. It is about the gathering of energy to begin preparing for a new beginning and a return to the season of Spring to start the cycle afresh. Winter represents letting go of the old and accepting new opportunities with a chance to do things differently come Spring. If you need to end some relationship or project or cleanse and purify your life of any negativity that no longer serves your highest good; now is the time.\*

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# Gentle Change

OCTOBER: BLEND 8 1.5ml

When you are excited about what you're doing and want others to join you, there are two ways to go about it. The first way will drive even your best friends and family away and harm your relationships. The second way will be a pleasant experience for those who choose to join you, and cause no bad feelings between you and anyone who does not.\*

Needless to say, way number one is not successful. Why? Because it involves deception, harassment, and guilting someone while trying to force them to join you. Pushing people to change and see things as you want is pointless. The more you push, the more they resist. This method tells them you are doing this to help yourself, not them, which is another big turn-off. Keep in mind that the only person you can change is yourself.\*

So you will change your approach to how you introduce your business and how you work with them. When you gently share your enthusiasm, how much fun you are having, and how much better you feel, they will be interested because you have not asked them to do anything. Usually, because you have piqued their interest, they will ask you about what you are doing. Gift them a sample of something you think would be helpful to them, and this will most likely result in at least a happy customer. Some people need a bit more time than others to decide about joining.\*

## USES

### topical

- **Wrists:** Apply 2 to 4 drops to wrists and inhale as you repeat the following intention each day for 28 days:\*

#### Gentle Change Intention

*I know how much these blends can change lives and how much they have changed my life. I will maintain a positive attitude and a strong desire to better the life of my family, friends, and anyone I attract to my group. I let them know we are in this together, and I care as much about their success as I do my own. I lead by example.*

- **Feet:** Apply 2 to 4 drops on bottoms of big toes on each foot. Because the soles of the feet are commonly less sensitive than other areas of the body due to their thicker skin, essential oils can generally be applied to the feet without irritation, and are quickly absorbed into the body.\*
- **Perfume/Cologne:** For a safe, healthier alternative to synthetic fragrances, apply 2 to 4 drops on pulse points behind the ears, at the base of the throat, on the wrists, inside the elbows, and behind the knees.\*
- **Massage/Lotion:** Add a few drops to unscented/perfume-free lotions, creams, and massage oils. Patch-test before applying to large areas.\*

### aromatic

- **Diffuser:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 5 to 8 minutes per hour as desired, throughout the day.\*
- **Body Spray:** Mix 15 to 20 drops into 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake vigorously and mist around yourself to provide a high frequency energy that inspires unconditional love and gentleness.\*
- **Room Spray:** Mix 15 to 20 drops into 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake vigorously and spray into the environment as desired. Especially helpful before meeting with others to calm the emotions and create an environment of peace and cooperation.\*

### bath

- **Bath:** Add 5 to 10 drops to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to warm bath water. Soak 10 to 20 minutes, allowing yourself to be surrounded by unconditional love and acceptance.\*

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## application methods

Aromatic • Bath • 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

*Aniba rosaeodora (Rosewood), Rosa damascena (Rose), Lavandula angustifolia (Lavender Vera), Commiphora myrrha (Myrrh), Citrus reticulata var deliciosa (Red Mandarin), (Cymbopogon martinii) Palmarosa, Cananga odorata (Ylang Ylang Complete), Pelargonium graveolens (Rose Geranium), Jasminum grandiflorum (Jasmine), Cocos nucifera (Fractionated Coconut)*

## responsible cautions

- 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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