

# Why Mānuka Oil?

Scientifically proven benefits of Mānuka oil in clinical studies.

## Aching, Sore Muscles

- Add a few drops of Mānuka oil to your bath to help ease those aching, sore muscles. It aids in relaxing your tired body. It can reduce any inflammation and if you have any cuts or scrapes the antibacterial properties will help to fight any infections.
- Add Mānuka oil to your favourite carrier oil and use as a massage oil for the relaxation of aching muscles.

## Skin Care

- **Acne:** Mānuka oil has anti-bacterial and anti-inflammatory properties that make it very effective in treating acne.
- **Eczema & Psoriasis:** Mānuka oil can soothe the inflammation associated with eczema and psoriasis while helping to prevent infection caused by Staphylococcus Aureus and other bacteria.
- **Moisturising:** Mānuka oil can help moisturise and soothe dry, flaky or irritated skin.
- **Anti-aging:** Mānuka oil is rich in antioxidants, which help to fight free radicals that can damage the skin and cause signs of aging.
- **Wound healing:** Mānuka oil has been shown to have powerful anti-bacterial and anti-fungal properties, making it effective in treating wounds, cuts, and scrapes.

## Hair Care

- Mānuka oil can be added to shampoo or conditioner to promote healthy hair and scalp. It can help reduce dandruff and soothe an itchy scalp.

## Household Natural Cleaner

- Mānuka oil can be used to help kill bacteria and disinfect surfaces. Add a few drops of Mānuka oil to water and use as a natural cleaner.

## Respiratory Health

- Mānuka oil can help relieve respiratory problems such as congestion, coughs, and bronchitis. It has been used in aromatherapy to promote respiratory health and clear breathing.
- Put a few drops of Mānuka oil in a bowl of hot water and inhale the vapour. If you have one you can also use a vaporiser or diffuser.

## Can you use Mānuka oil directly on skin?

- You can apply Mānuka oil directly to the skin - just a drop will do. It can be quite strong in its pure form so we recommend testing it on your skin first. You can dilute it by adding it to a carrier oil, such as coconut or almond oil. Use 10 drops of Mānuka oil to every 30ml of carrier oil and you've got a great power balm you can use on everything!

## Antibacterial Properties

Mānuka oil is known for its potent antibacterial properties. It contains a compound called triketones (MSTK™) that have been shown to be effective against a range of bacteria, including Staph. aureus and E. coli.

## Anti-inflammatory Properties

Mānuka oil has anti-inflammatory properties that can help reduce inflammation and pain. It has been used to treat a variety of conditions, including arthritis, rheumatism, and muscle pain.

## Anti-fungal Properties

Mānuka oil has anti-fungal properties that can help treat fungal infections such as athlete's foot and ringworm.



*It can be used for so many things,  
it's like magic.*

