

MANUKA ESSENTIAL OIL

This essential oil comes from the same botanical family as Tea Tree (Myrtaceae) and is distilled from the *Leptospermum scoparium* (manuka) tree. Steam distillation is used to extract the essential oil from the leaves and small stems of the tree, which is native to New Zealand and Australia. The key naturally occurring constituents in Manuka essential oil are leptospermone, copaene, and isoleptosermone.

Manuka essential oil has a mild, sweet smell, very rich, warm and pleasant. Because of its gentle fragrance and numerous skin benefits, Manuka is a wonderful oil to add to your favorite skin care products to support healthy-looking skin.

You can also use as a spot treatment to reduce the appearance of blemishes. Manuka essential oil is one of the oils used in Young Living's new Maximum-Strength Acne Treatment.

Manuka can help maintain and balance moisture on the scalp.

Stinky pits? Manuka Oil is very effective in countering body odor.

This oil blends well with the essential oils of Clary Sage, Clove, Geranium, Lavender, Marjoram, Nutmeg, Pine, Rosemary and Ylang-Ylang.

Essential Oil Deodorant with Manuka

3 TBS coconut oil

1 TBS beeswax pellets

¼ cup cornstarch (use one that does not contain aluminum)

¼ cup baking soda

10 drops manuka oil

5 drops ylang-ylang oil

5 drops orange oil

5 drops clove oil

1 empty 2.65 oz. deodorant container

Directions: Combine coconut and beeswax pellets in a heat proof glass bowl or measuring cup. Place bowl or measuring cup in a saucepan filled with an inch of water. Heat mixture over medium heat, stirring occasionally until completely melted.

Stir in corn starch and baking soda. Remove from heat and add essential oils. Quickly pour mixture into an empty deodorant container. Wait for mixture to harden and cool completely before using.

Skin Nourishing Ointment

In this recipe, coconut oil, jojoba oil and vitamin E oil provide moisture and nourish the skin. Beeswax forms a moisture resistant barrier, offering further protection. Manuka and Frankincense essential oils support the skin and promote healing.

2 oz. organic coconut oil (not fractionated)

1 oz. beeswax pellets

1.5 oz. organic jojoba oil

1 tsp. vitamin E oil

15 drops Manuka oil

15 drops Frankincense oil

Directions: Place beeswax and coconut oil in a double boiler over low heat. Stir frequently just until melted. Allow the mixture to cool slightly and carefully add jojoba, vitamin E and essential oils, while stirring gently. Pour the mixture into small jars with lids. (This recipe should make enough for about three 2 oz jars.) Allow the mixture to cool and solidify. Apply this soothing ointment liberally to dry, sore, sensitive skin.

Mature Skin Serum

2 tbsp jojoba oil

1 and ½ tbsp rose hip seed oil

¼ tsp vitamin E

4 drops Manuka oil

4 drops Frankincense oil

3 drops Myrrh oil

2 drops Patchouli oil

One dark 1 oz. glass dropper bottle

Directions: Place jojoba, rose hip seed oil into glass dropper bottle. Add essential oils, close top and gently roll bottle to mix. Use ¼ --1/2 dropper full of serum nightly on clean face and neck to preserve, smooth and protect your skin.

Manuka Moisturizer

1 oz. organic jojoba or almond oil

1 oz. organic avocado oil

20 drops Manuka oil

10 drops Lavender oil

5 drops Myrrh oil

5 drops organic vegetable glycerin

Directions: Mix the ingredients in a small jar and apply a small amount both morning and night or as needed to maintain healthy skin.