

CAJEPUT

Melaleuca Cajeputi

Dream time tonic

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| Source: | Vietnam |
| Extraction: | Steam distillation of fresh leaves |
| Blending Factor: | 1 |
| Odour Note: | Top |

Characteristics:

Colourless to pale yellow liquid with greenish tinge. Powerful, fresh, similar to Eucalyptus but more fruity smell.

Safety Precautions:

Considered non-toxic, non-irritating and non-sensitising, but it may irritate the skin in high concentrations. Allergies have been reported on rare occasions and skin tests should be conducted before using.

Avoid during pregnancy & lactation period.

History:

Native to Australia and S/E Asia. Cajuput has been used traditionally by Australian Aboriginals as a local analgesic, carminative and antiseptic. In S/E Asia it is considered valuable for the treatment of colds and flu symptoms and for relief from chronic rheumatism. It was introduced to Europe in the 17th century.

Therapeutic Actions:

Analgesic, antiseptic, anti-neuralgic, carminative, expectorant, sudorific, tonic.

Enhances:

Energy, mental stimulation, clarity of thought.

Reduces:

Mental fatigue, respiratory ailments, apathy procrastination.

Uses:

Nervous System: CNS tonic, fatigue, drowsiness, restlessness

Muscular-skeletal system: Arthritis, rheumatism, neuralgia, muscle stiffness

Integumentary system: Eczema, psoriasis, insect bites

Respiratory system: Asthma, sinusitis, sore throat, coughs, colds, flu.

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporizers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Blends with:

Bergamot, clary sage, eucalyptus, geranium, lavender, lemon, marjoram, Neroli, jasmine, peppermint, rose, rosemary.

| Colds, flu & sinusitis | | Sore muscles rub | | Mental Fatigue - Vaporiser | |
|-----------------------------------|-------|-------------------------|------|-----------------------------------|---|
| Cajeput | 2 | Cajeput | 2 | Cajeput | 2 |
| Lavender | 6 | Marjoram sweet | 6 | Lemon | 4 |
| Pine Scotch | 2 | Rosemary | 2 | Eucalyptus | 2 |
| Total drops | 10 | Total drops | 10 | Total drops | 8 |
| Carrier oil | 20 ml | Carrier Oil | 20ml | | |
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