

QUICK REFERENCE SHEET

KANUKA

Kunzea ericoides



Plant Family:
Myrtaceae



Extraction Method:
Steam Distilled



Part Utilized:
Leaves



**Region of
Origin:**
New Zealand

AFFINITY FOR:

digestive system, nervous system, ear, nose, throat, skin, hair, yang energy

THERAPEUTIC PROPERTIES:

analgesic, anti-inflammatory, anti-infective, fungicidal, nervine

APPLICATION:

Dilute and apply to areas of concern.

INGREDIENT IN:

LeInsideOut, LeVallee

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Kanuka is useful in the reduction of anxiety and stress-related behaviors.

PHYSICAL ASPECTS:

Kanuka contains a cluster of five sesquiterpine compounds, all of which have powerful anti-inflammatory properties. Kanuka is effective for joint and muscle pain, including that of rheumatoid arthritis. Kanuka's anti-inflammatory properties seem to be particularly effective for ear, nose, and throat inflammations and infections and for the treatment of certain types of migraine headaches. Kanuka is also used in the treatment of skin conditions such as eczema, rashes, and insect bites. Kanuka is said to be an insect repellent.

GENERAL INFORMATION:

Kanuka is a fairly new essential oil from Tasmania. A Tasmanian farmer, John Hood, noticed that the steel wire fence that had this strange plant growing near it was not rusting out like other fences on his property. This observation led to years of investigation and trials of the essential oil that is distilled from this plant. Kunzea (*Kunzea ambigua*) and Kanuka (*Kunzea ericoides*) seem to be very similar in both aroma and therapeutic properties.