

## QUICK REFERENCE SHEET

# KUNZEA

*Kunzea ambigua*



Plant Family:  
Myrtaceae



Extraction Method:  
Steam Distilled



Part Utilized:  
Leaves



Region of  
Origin:  
Australia

### AFFINITY FOR:

digestive system, nervous system, insect repellent, muscles and soft tissues, joints, skin

### THERAPEUTIC PROPERTIES:

analgesic, antiseptic, antiviral, cytophatic, anti-inflammatory

### AROMATIC CONSIDERATIONS:

Kunzea has a pleasant woody medicinal aroma with spicy undertones. Kunzea is useful for purifying the air with its fresh clean aroma.

### APPLICATION:

Kunzea should be diluted and applied on areas of concern or on the feet. Topical application on injuries will help heal bruises, reduce inflammation, and being analgesic will help with pain relief. Apply to the chest for relief from chest congestion, and colds. Inhalation may benefit sinus pain and congestion. Kunzea is wonderful diffused, or added to the bath.

### ! CAUTIONS:

Kunzea essential oil is non toxic and non irritating but anyone with sensitive skin should do a skin patch test. Avoid during pregnancy. Use caution when using on children.

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Kunzea helps to relieve nervous tension, stress, and mild anxiety. It has a soothing effect on the nerves and promotes relaxation. Robbi Zeck, in "The Blossoming Heart", writes that Kunzea helps release deep emotional pain that has been suppressed and allows us to let go of emotional blockages that have had a negative effect on the meridian systems of the body.

### PHYSICAL ASPECTS:

Kunzea has been used for relief from the pain of arthritis. Kunzea relaxes the muscles, reduces inflammation, aids circulation to nerve endings, and promotes healing. It has been used to soothe tired muscles and expedite recovery from overexertion and injuries. Kunzea has been used for skin conditions including blemishes, irritated skin, insect bites, eczema, dermatitis, skin ulcers, and dry flaky skin. Kunzea has been tested and proven effective against staph, e-coli, and candida.

Kunzea has been used for symptoms of influenza, colds, sinus infections, and recurring shingles. It has been used for headaches and migraines and as an insect repellent, especially against ticks.

### GENERAL INFORMATION:

Kunzea is a tall shrub with abundant white flowers and is native to the cooler coastal areas of Australia. It grows profusely in the wild, and is commonly known as "Tick Bush" because animals seek relief from ticks under its bushes. Kunzea is said to have similar properties to Tea Tree with a much milder fragrance. Kunzea is in the same family as Kanuka and their uses are very similar.

Dr. Daniel Penoel, MD, of France has used Kunzea ambigua in the treatment of advanced Crohn's disease. He, as is common in France, was using it internally.