QUICK REFERENCE SHEET

NEROLINA

Melaleuca quinquenervia

Plant Family: Myrtaceae

Extraction Method: Steam Distilled

Part Utilized: Leaves, Twigs

Region of Origin:

Australia

AFFINITY FOR:

skin, respiratory system, digestive system, endocrine system (especially adrenal), hormones, immune system, yin and yang

THERAPEUTIC PROPERTIES:

anti-inflammatory, antiviral, antibacterial, antiseptic, analgesic, decongestant, expectorant, febrifuge, insecticide, stimulant, vermifuge, vulnerary

AROMATIC CONSIDERATIONS:

Definitely the sweetest smelling of all the melaleuca oils. Nerolina has floral notes with a mildly woody aroma.

APPLICATION:

Inhale, diffuse, use topically, dilute and spray on surfaces, or add to the bath.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Nerolina is a great stress reliever for body and mind. It's soothing and calming effects make it beneficial for anxiety and restoring emotional balance. Energetically it balances male and female (yin and yang) energies on all levels. Nerolina is an uplifting oil making it a good choice when you are feeling exhausted or fatigued. It can raise self-esteem and heighten intuition. When dealing with uncertainty or fear of the unknown, Nerolina can bring clarity and self-awareness and help us live in the present moment.

PHYSICAL ASPECTS:

Like all melaleuca oils, Nerolina is strongly antiseptic. It is a good choice when dealing with any sickness or infection, whether bacterial or viral, and has been specifically mentioned for use with malaria, viral hepatitis, and urinary tract infections. Nerolina is also an expectorant and decongestant, not only helping with colds and respiratory flus, but also with allergies and asthma. Nerolina's anti-inflammatory properties are said to be especially effective for mucous membranes. Nerolina is a great disinfectant and can be used topically to deter the growth of bacteria and other harmful microorganisms. This also makes it a great addition to cleaning products, and it has the added benefit of helping to remove bad odors.

Inhaling Nerolina can promote stamina and physical endurance. Nerolina acts as a stimulant for many functions within the body strengthening immunity and encouraging the excretion of hormones, enzymes, and other bodily fluids. Nerolina is said to be an adrenal tonic and adrenal stimulant, ideal for extreme fatigue and stress. Nerolina benefits many digestive issues including ulcers, slow digestion, intestinal parasites, sluggish liver, pancreatic problems, and the production of digestive enzymes. It stimulates the excretion of hormones, and it is especially beneficial for male hormonal action and impotence. Other uses for Nerolina include headaches, arterial hypertension, and sleeplessness.

Nerolina is a miticide and many sources recommend its use for lice, applying it to the hair, and spraying on infested areas such as sheets, blankets, and furniture. It can also be used for insect bites and rashes.

GENERAL INFORMATION:

Nerolina is a cousin of Tea Tree and has the same latin name as Niaouli. The difference between Niaouli and Nerolina is their chemotype. Where Niaouli is high in cineole (think Eucalyptus), Nerolina is high in linalool (think Lavender) and nerolidol (found in Neroli, Jasmine, and Lavender). This is why Nerolina has a much more pleasant flowery smell. It also means that Nerolina is much gentler on the skin than other melaleucas and would be a good choice for use with babies and small children.

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