



NIAOULI Essential Oil



Botanical Name: *Melaleuca quinquenervia*

Main Constituents:

1,8-Cineole: 50.3%

α -Pinene: 11.0%

Plant Part: Leaves and Twigs

Origin: Madagascar

Processing Method: Steam Distilled

Child Safe: No

Description / Color / Consistency: A light, clear, pale yellow liquid.

Aromatic Summary / Note / Strength of Aroma: A middle note of medium aroma, Niaouli Essential Oil has a sweet, fresh, camphoraceous smell.

Major Constituents for 1,8-Cineole Chemotype of Niaouli Essential Oil:

- 1,8-Cineole
- α -Pinene
- (+)-Limonene
- α -Terpineol
- B-Pinene
- Viridiflorol

Product Abstract: Niaouli Essential Oil comes from an evergreen tree with a flexible trunk, spongy bark, and pointed leaves with spikes of sessile flowers. Niaouli Essential Oil did not appear in Europe until the 17th century. Captain Cook gave it the botanical name while on route from Australia, though the French still sometimes refer to it as *Gomenol*.

Niaouli isn't the greatest smelling essential oil. What it lacks in aromatic appeal, however, it makes up for in its therapeutic benefits. It's an excellent choice for use with respiratory concerns, skin infections and acne. Refer to the Niaouli Essential Oil Uses section below for more benefits.

Niaouli is a powerful yet gentle essential oil for stimulating and strengthening the immune system, it can also be thought of as a gentler version of tea tree oil that is great for sensitive skin.

Niaouli Essential Oil Uses



- Bronchitis
- Respiratory Tract Disorders
- Influenza
- Sinus Congestion
- Sore Throats
- Catarrh
- Coughs
- Colds
- Uterine Infections
- Rheumatism
- Muscular Injury
- Rashes
- Pimples
- Acne
- Herpes
- Wounds
- Cuts
- Grazes
- Insect Repellent

Source: Valerie Ann Worwood, *The Complete Book of Essential Oils and Aromatherapy*, 25th Anniversary Edition (Novato, CA: New World Library, 2016, 609).

Safety Information

Tisserand and Young indicate that Niaouli Essential with the 1,8-Cineole chemotype may cause CNS and breathing problems in young children. They caution against using the oil on or near the face of infants and children. Reading Tisserand and Young's full profile for this and the other Niaouli chemotypes is recommended. [Robert Tisserand and Rodney Young, *Essential Oil Safety* (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 364.]

****These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).