
TOP 10 USES FOR MANUKA OIL

- 1. Dandruff & Scalp Care:** Add to shampoo and conditioner and clean hair.
- 2. Finger & Toe nails:** Apply on the toes regularly until nails are clean.
- 3. Bug Bites:** Combine with TerraShield or apply separately. Best to mix with a little fractionated coconut oil before applying topically.
- 4. Gut Health:** Apply on the bottom of feet. Clean gut will help with clean positive minds.
- 5. Immunity:** Apply on the bottom of feet and add to immunity blend.
- 6. Relaxing Blood Pressure:** Apply to heart reflexes and add to diffuser.
- 7. Healthy Gums:** Add 1 drop of Manuka to virgin coconut oil and do oil pulling to keep gums healthy.
- 8. Clean Skin:** Dilute and apply to blemishes, cuts and grazes.
- 9. Clean Air:** Add to diffuser to help reduce mold build up.
- 10. Ear Comfort:** Apply diluted on the bones on the back of ear. Consider using with Lavender and/basil.

*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.

