

**TRADITIONAL USES OF  
MANUKA EXTRACTS BY THE  
MAORI OF NEW ZEALAND  
INCLUDE:**

From the earliest human habitation of New Zealand by the Maori people around 800 to 1000 years ago, the Manuka plant (*Leptospermum scoparium*) was known to have special medicinal and therapeutic properties.

The Maori people used the leaves and bark for a wide range of ailments, including urinary problems and as a febrifuge (to reduce fever). The leaves were boiled and the hot vapour inhaled for head colds. Leaves and bark were boiled together and the warm liquid rubbed on stiff backs and rheumatic joints.

It was also used as a diuretic, a sedative, a painkiller, for inflammation of the breasts, and for healing fractures. Boiled bark was used to relieve constipation, as a gargle and for bathing sore eyes. The emollient gum was given to suckling babies, and was applied to scalds and burns. Fresh sap was taken as a blood purifier, seed capsules were boiled and the fluid used externally for bruises and inflammation, and internally for diarrhoea and dysentery. Raw seed capsules were chewed for colic, and when powdered, used in a poultice to dry and heal open wounds or running sores.

An excellent hard wood timber for the winter fire and the sawdust is used to produce delicious smoked fish.

Scientific research on Manuka has shown it to be active against a wide range of micro-organisms that cause irritation and infection of the skin and body. Some of them were quite serious, such as MRSA (more commonly known as the H-bug) and others were more common ones, such as those that caused Athlete's foot.

The Manuka tree also produces nectar that the bees turn into a rich amber honey. Manuka honey is also well known for its curative properties. Many clinical trials have validated this and it has been suggested that this remarkable honey may also help to clear infection by boosting the immune system. It is a wonderful medium in which to add such herbs as echinacea making them more palatable for children. As a base for cough syrups it not only soothes the respiratory tract but helps prevent and relieve secondary bacterial infections

- **Mild Sunburn** - apply cold water to remove heat and gently rub Manuka Cream into the affected areas to help relieve stinging and later itching.
- **Oily Skin & Pimples** - Wash daily with Manuka soap. Apply pure Manuka oil as a spot treatment for problem areas.
- **Fungal Infections & Nail Bed Infections** - Apply a few drops of pure Manuka oil with a cotton ball twice daily. Continue to apply for 5 days after visible signs of infection have gone.
- **Skin Irritation, Chafing & Rashes** - Wash regularly with Manuka soap and apply Manuka cream twice daily as required.
- **Itching Scalp & Dandruff** - Add 10 drops of pure Manuka oil to a normal amount of shampoo and massage into wet hair and scalp. Leave for 5 minutes before rinsing out.
- **Foot & Body Odour** - Wash daily with Manuka soap. For foot odour, rub mild Manuka oil or Manuka cream into feet 3 times per week. Also protects against fungus infections.
- **Cuts, Scratches & Abrasions** - Apply pure Manuka oil.
- **Insect Bites & Stings** - Apply a few drops of pure Manuka oil or cream to help relieve itching and inflammation and prevent infection.
- **Athlete's Foot** - Apply a few drops of pure Manuka oil with a cotton ball twice daily. Continue to apply for 5 days after visible signs of infection have gone.
- **Aching Muscles & Joints** - Massage mild Manuka oil into tired aching muscles & joints.

Commonly known as "Tea Tree" because the early colonists used its aromatic foliage as an alternative to tea. Captain Cook also used this plant to make tea, he liked the bitter taste.

**Apply Manuka honey directly to  
scratches, stings, bites, wounds.**

**MANUKA CREAM**

To 95gm vitamin E base cream add 5ml of pure Manuka oil. Stir thoroughly until all the oil is incorporated into the cream.