

## Manuka Oil: Tea Tree's Powerhouse Cousin

What if you could have a powerful antimicrobial, antibacterial and antifungal agent that was natural and healthy for you and your family? Imagine what it would be like to simply reach into your essential oils collection and pull out a bottle containing all these wondrous properties.

Okay, I know what you're thinking. A potent essential oil with impressive cleansing properties? Must be talking about tea tree. I thought the same thing at first, but -

Get this: An essential oil that you probably never heard of is [up to 30 times more powerful than tea tree](#) at combating certain types of bacteria. That's right – 30 times!

And what's more, that same oil can also [reduce facial wrinkles and collagen loss](#) plus help with bug bites and stings.

Ready to meet your new best friend, manuka? Let's get acquainted.

### Discover the origins of manuka

Imagine for a moment that we are traveling to New Zealand. There we have the privilege of meeting the native Maori people. Our guide shares tales of her ancestors who have passed down knowledge of the healing powers of a resilient and fast-growing local shrub which they call manuka.

We learn that tribe has discovered medicinal uses for every bit of the manuka plant including the leaves, bark, sap and seed capsules. Manuka has alleviated the native people's sore muscles, fevers, colds, burns and infections.

Fantasy New Zealand trip aside, we too now have access to the healing powers of manuka thanks to the steam distillation process. During this process, the branch tips, twigs and leaves release a clear or somewhat pale-yellow essential oil which is carefully bottled and shipped across the world to us.

### Uncover the best uses for your manuka oil

Needless to say, you'll be excited to use your manuka oil as soon as that precious bottle arrives, so here are some ideas to get your started:

- Add to graceful aging skincare products
- Use to ward off or combat bacterial infection
- Use as an antibacterial cleaner around your home (especially good for strep and staph)
- Apply to insect bites and stings to lessen inflammation
- Encourage wound healing and reduce scarring after injury or surgery
- Alleviate fungal infections (like athlete's foot, nail fungus or jock itch)

### Follow these tips to be sure you get a high quality manuka oil

Now before you go out and spend your hard-earned money on just any oil, let's consider what to look for in high quality manuka:

- Check the bottle to be sure it has only a single ingredient: 100% pure manuka oil.
- Organic
- From New Zealand, and extra bonus points if it is from East Cape
- The oil's smell should be slightly sweet and woody. Some people describe it as being similar to balsamic.
- The oil should be a clear or pale-yellow color

## Treat yourself to the best manuka oil possible

Remember: a high-quality oil will provide more results using less product, so this calls for some research before deciding on a brand. But don't worry, this part is easy.

The homework is already done for you. Just check out the top 3 manuka oils list, order the one that is right for you and you're all set!

### Natural Solutions

#### *Pros*

- New Zealand East Cape origin
- Organic
- Independently tested and certified to have high levels of triketones (40%) – the primary active constituent in manuka oil
- Harvested using sustainable methods
- Distilled using low temperature steam distillation and no chemicals

#### *Cons*

- Bottle doesn't come with easy-to-use medicine dropper dispenser
- Stronger aroma

#### *Price*

[\\$22.10](#) for 10ml/0.34 fl. oz.

### Inn&Co

#### *Pros*

- New Zealand East Cape origin
- Packaged with both a glass medicine dropper dispenser and inverted dropper top
- Contains "100% pure" manuka oil

#### *Cons*

- 25% triketone levels compared to Natural Solutions' 40%
- Not certified organic

#### *Price*

[\\$18.95](#) for 10ml/0.34 fl. oz.

## NZ Country

### *Pros*

- New Zealand East Cape origin
- Steam extracted using pure spring water and no additives
- Free e-book with purchase (gives you ideas on how to use your new oil)
- Shipped with tamper resistant shrink wrap seal and glass medicine dropper top

### *Cons*

- Triketone level is not certified
- Listed as being “Natural” and “100% pure,” but not certified organic

### *Price*

[\\$20.97](#) for 10ml/0.34 fl. oz.

## **Let's Recap**

The bottom line is that manuka essential oil is a relatively obscure oil just waiting to unleash its powerful antibacterial, antimicrobial and antifungal capabilities. When choosing our manuka oil, remember that the best oils usually come from organic manuka that is harvested from the New Zealand East Cape.

So, click that button, get a bottle of manuka oil on its way, and do share: what is the first thing you will be using your new oil for?