

Cajeput, Organic: India (*Melaleuca cajuputi* – Hydro Distilled)

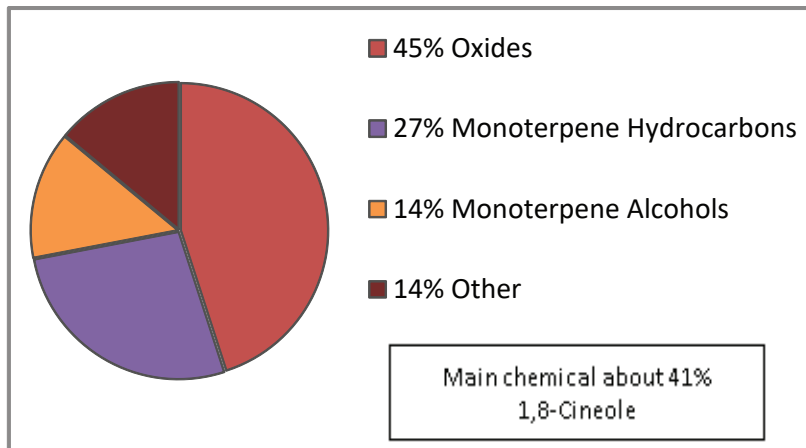
As a relative to Tea Tree and Melaleuca, Cajeput (also spelled as Cajuput) was introduced to Europe from Indonesia in the early seventeenth century but was rare and expensive. Because the best therapeutic results occur when the plants leaves and twigs are macerated and soaked in water for at least eight hours, the most therapeutic oil will be hydro distilled.

This tree grows quickly and can grow in water saturated areas; it is highly cultivated to assist to protect the swamp areas. Having similar traits and chemistry to Eucalyptus and Tea Tree but considered harsher in its effects, this oil has a long history of therapeutic use.

Primary Usages: Traditionally it has been used for pain (sore or stiff muscles, arthritis, sciatica, lumbago), inflammation, decongestant, expectorant, insecticide, insects bites, neuralgia, and as a counterirritant. This oil is highly beneficial for respiratory conditions (improving breathing, bronchitis, colds, catarrh, coughs, sinusitis, flu, viral infections, asthma, and throat infections). Cajuput is considered a safe treatment for bacterial and fungal infections.

Secondary Usages: Used as a general health tonic for rheumatism, infection fighting, and overall health. Beneficial for headaches, ear aches, toothaches, sore throats (laryngitis), gout, fevers (cholera), and skin (oily, spots, acne, ringworm, bruises, rosacea, chilblains, scabies, scaly skin, allergic reactions, eczema, psoriasis), and cramping especially by menstruation.

Has Been Reported: Expels roundworms, intestinal parasites, kill pathogens, takes the itch out of insect bites, assists tissue regeneration, tumors, bladder infection, nervous vomiting, and lameness.



Descriptor: Analgesic, Antimicrobial, Antispasmodic, Antiseptic, Expectorant, Alkalizing, Immune Stimulant

Application: Diffuse and put on location. Add to a bath, lotions, massage oil to assist with aches, pains, psoriasis, and acne.

Blends Well With: Clove Bud, Eucalyptus, Helichrysum, Marjoram, Oregano, Rosemary, Tea Tree, and Thyme

Caution: Because of the high Cineole content, this oil is toxic in large extreme amounts and may cause adverse reactions in some people. Use in small amounts. Avoid application near infants because of the risk of spasm of glottis, due to cooling effect on respiratory system.

Influences: Stimulating aroma assists in promoting a clear, energized, and uplifting mind. Assists in restoring a sense of inner purpose when one is feeling lost or alone.

Medicine Wheel: Primary North. Increases Guardian Qi (Immune System). Tonifies and Boosts Lung Qi.

Recipes: During a cold or flu add five drops each of Cajeput and Ginger to your hot bath and soak for twenty minutes. Depending on your skin sensitivity, you may want to mix with a teaspoon of carrier oil or add the oils to Epsom salts before adding them to your water. For a calming massage oil add two drops each of Cajeput, Rosewood, Basil, and Lavender to your carrier oil.