

newsletter

LiveLife
Pharmacy



Today we discuss...

NATURAL AND HOME REMEDIES

The four most popular natural home remedies that I sell from my pharmacy are Aloe Vera, Eucalyptus Oil, Tea Tree Oil, and Lavender Oil.

ALOE VERA GEL

Aloe Vera Gel is a plant that many of us have in our garden. The gel from a cut leaf has healing, soothing and rejuvenative properties. Aloe Vera was known as the universal panacea by the ancient Greeks, the plant of immortality by the Egyptians, and the wand of heaven by American Indians. Today it is used to relieve sunburn, minor burns, insect bites, chafing, rashes and other minor skin irritations. It is simply applied as often as is needed to cool and soothe the irritation. If you keep your aloe vera gel in the fridge it cools on application. The first aid measure for burns should always be the application of cool water for a suitable period (20 minutes) prior to use of aloe vera gel and medical advice sought for more serious burns.

TEA TREE OIL

Tea Tree Oil is a natural antiseptic that can be used on minor cuts, abrasions, pimples, bites and stings. It should only be applied externally. It can be applied directly for these conditions or diluted before application with a non-mineral based carrier oil before use.

EUCALYPTUS OIL

Eucalyptus Oil can be used to relieve cough and colds, to relieve muscle aches and pains, for the cleaning of hard surfaces and clothing. As an inhalant for coughs and colds you can add 5mLs to 500mL of hot water and inhale, or sprinkle a few drops on a handkerchief, in the bath, or on the pillow. To use as a chest rub mix 5 drops in 10mL of vegetable oil and massage onto chest and back. For arthritic and muscular aches and pains mix 5 drops in 10mL of vegetable oil and massage into affected areas.

LAVENDER OIL

Lavender Oil is traditionally used to relieve eczema symptoms to help relieve nervous tension, insomnia and give temporary relief of headaches. It can also be used for the relief of insect stings. For adults to relieve nervous tension, insomnia, headache (temporary relief), you can mix 5 drops of lavender oil in 10mL of carrier oil to apply to temples, forehead, back of neck, shoulders or full body. Or you can add 5 drops of oil in water in an oil burner, or 5 drops into a bath.

To relieve eczema symptoms you can dilute 5 drops of oil in 10mL of carrier oil before direct application. To relieve insect bites you can dab the lavender oil undiluted onto the affected area.

For relief of arthritis and muscular aches and pains try mixing 2 drops of eucalyptus oil, 2 drops of lavender oil and 2 drops of tea tree oil in 10mL of olive oil before message directly to the site.

Do you know a local
Community Group that
needs help with fund-raising?

Our pharmacy
LiveLife Rewards program
may be able to help.

Ask a representative of the
community group to call our
LiveLife Pharmacy today

Essential oils like Tea Tree, Eucalyptus and Lavender Oils should not be taken orally as they are toxic if ingested.

Some essential oils can irritate some skin types so you should always use a skin patch test prior to use.

If irritation occurs discontinue use. If symptoms persist consult your pharmacist or doctor.

Essential oils should not be used in pregnancy or breastfeeding without medical supervision. None of these products are safe to use near the eyes or in children under two years of age without medical advice.



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