

## EUCALYPTUS OIL USES

FOR CENTURIES EUCALYPTUS OIL HAS BEEN USED FOR ITS HEALING AND BENEFICIAL PROPERTIES...

- **Aromatherapy massage**

Mix eucalyptus oil together with a carrier oil such as almond or olive oil for a soothing massage. Also useful for skin irritations such as scaling, flaking and itching.

- **Saunas**

Add a few drops of eucalyptus oil to the water and allow it to vaporise in the sauna. Invigorating and head clearing.

- **Aching feet**

Soak feet in warm water with a few drops of eucalyptus oil for a soothing and revitalising effect.

- **Baths & Jacuzzis**

Add 3 to 4 drops to bath water, stir well and then enjoy the invigorating effect. Anti-fungal, antiseptic and decongestant properties.

- **Colds & flu**

Soothe and decongest respiratory passages when suffering from colds and flu. Add about six drops of eucalyptus oil to a bowl of boiling water. Place a towel over your head, close your eyes, lean over the bowl and inhale deeply. Alternatively, put a few drops on a tissue or pillowcase whilst sleeping, or in humidifiers.

- **Back & muscle aches**

Apply a warm wash cloth to the affected area for a few minutes to open pores. Then massage a few drops of oil into skin for at least a minute. For sensitive skin, dilute the eucalyptus oil in an equal part of baby oil or vegetable oil.

- **Powerful antiviral & antibacterial**

Add 20 drops of eucalyptus oil to 50ml of water. Use several times a day as a room spray, especially during the cold and flu season. Very beneficial in classrooms, offices etc. It provides a clean, fresh fragrance.

- **Sores, cuts & abrasions**

Apply a few drops of neat eucalyptus oil directly to minor wounds after washing the dirt away. Strong antiseptic and healing properties.

- **Asthma & allergies**

Eucalyptus oil is highly effective in killing and controlling dust mites, which are a major trigger in asthmatic and allergy attacks. By using a eucalyptus spray throughout the house and by adding neat eucalyptus oil in your washing cycle, these allergens will be reduced.

- **Insect repellent**

Mix a teaspoon of eucalyptus oil into a 500g tub of aqueous cream. Apply cream liberally to skin.

- **Insect bites & stings**

To ease the pain and to provide quick relief from insect bites, apply neat eucalyptus oil to the site. Do not rub in.

- **Hand Cleaner**

Excellent for getting rid of unpleasant smells, grease and paint. Rub hands with a cloth dipped in eucalyptus oil and then wash with soap and water.

- **Head lice**

Mix 3ml of eucalyptus oil in 30 ml of shampoo. Shampoo the hair and then wrap head in a bath towel for 10 minutes. Remove towel, rinse hair well and then comb out with a nit comb to help remove eggs. Repeat as required.

