

EUCALYPTUS



About Eucalyptus

Eucalyptus trees are tall, evergreen trees that grow up to 50 feet in height and are sometimes referred to as Gum Trees. The main chemical components of Eucalyptus radiata are eucalyptol and alpha-terpineol, making it an ideal oil to promote feelings of clear breathing and open airways and for creating a soothing massage experience. Eucalyptus has purifying properties that can be beneficial for the skin and for cleansing surfaces and the air. Studies have shown that eucalyptus is effective in helping lessen tension. Eucalyptus can be found in mouth rinses to freshen breath and promote oral hygiene.

Primary Benefits

- Helps to clear the mind
- Promotes feeling of relaxation
- Promotes feelings of clear breathing

Uses

- Combine with lemon and peppermint in a spray bottle and use to wipe down surface in your kitchen or bathroom.
- Add one drop to moisturizer and apply to skin for revitalizing benefits.
- While showering, place a few drops in the hands, place over nose, and inhale deeply to invigorate and promote vitality.

Directions For Use

Diffusion: Use three to four drops in the diffuser of choice

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize and skin sensitivity