



## Eucalyptus Essential Oil

**DESCRIPTION:** An invigorating, refreshing aroma. Diffuse it seasonally to encourage deep breathing and relaxation.

**TOP AROMATHERAPY BENEFITS:** invigorate • breathe • refresh

**AROMA:** Fresh & Leafy

**BLENDS WITH:** Lemon, Peppermint, Tea Tree

**INGREDIENTS:** Eucalyptus globulus leaf oil

**COLLECTION METHOD:** Steam Distilled

**CAUTION:** Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. Avoid use if pregnant or breastfeeding. If under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Not intended for use on children.

Also available in 10 ml roll-on.



### TOP TIPS:

#### Clear the Air

Diffuse to encourage deep breathing when dealing with congestion.

#### Enhance Shower

Apply to a few drops to shower floor for a refreshing steam.

#### Vapor Rub

Create a homemade vapor rub by combining 2 drops eucalyptus oil and 2 drops wintergreen oil with carrier oil and apply to chest.

#### Diffuser

Add 1 drop oil per 20 ml of water and diffuse for an invigorating and refreshing aromatherapy experience.

#### Bath Salts

Combine 15-20 drops essential oil with 2 tablespoons coconut oil and 2 cups Epsom salt for energized skin.

#### Sugar Scrub

Combine 10-15 drops essential oil with 1/2 cup coconut oil and 1/2 cup sugar for an invigorating DIY sugar scrub for glowing skin.

#### Daily Shower Spray

To a spray bottle add 1 cup of water, 1 tablespoon liquid Castille soap, 5 drops eucalyptus and 5 drops lemongrass oil. Use after showering on tile and glass.

#### Floor Cleaner

Create a DIY floor cleaner by adding 1/2 cup warm water, 1/4 cup white vinegar, 1 teaspoon liquid dish soap and 10 drops eucalyptus and 10 drops lemon oil to a spray bottle.

#### Outdoor Spray

Create a natural outdoor spray with 1/2 cup apple cider vinegar and 5 drops each of citronella, lemongrass, peppermint, eucalyptus and rosemary.

#### Facial Steam

Create a facial steam to encourage deep breathing by adding 3-5 drops to 2 cups boiling water and covering head and bowl with a towel while inhaling.

### DIY AROMATHERAPY BLENDS:

**Breathe Clear:** Eucalyptus + Breathe In + Peppermint

**Carefree:** Eucalyptus + Bergamot + Patchouli

**Clean:** Eucalyptus + Lemon + Orange

**Clean & Minty:** Eucalyptus + Peppermint + Rosemary

**Energy:** Eucalyptus + Citrus Boost + Lemon

**Feel Refreshed:** Eucalyptus + Bergamot + Peppermint

**Fresh & Herbal:** Eucalyptus + Ginger + Orange + Rosemary

**Fresh Air:** Eucalyptus + Canadian Fir + Wintergreen

**Healthy Home:** Eucalyptus + Clove + Cinnamon + Orange + Rosemary

**Refreshing Garden:** Eucalyptus + Citronella + Lavender

**Think Clear:** Eucalyptus + Peppermint + Rosemary

Dilution Ratio: Best practices state that one 1/2 tsp of a carrier oil, like olive, coconut, jojoba or almond oils, be combined with every 1-2 drops of essential oil. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.