
TOP 10 USES FOR EUCALYPTUS OIL

- 1. Clear Airways:** Apply Eucalyptus oil on the chest, back, and the bottom of the feet. Combine Eucalyptus oil with other oils such as Peppermint and Lemon to help support respiration during congestion.*
- 2. Cleanses the Air:** Diffuse Eucalyptus oil to protect against environmental threats. Keep the whole family healthy. Do this regularly especially when there has been illnesses around.
- 3. Surface Cleaner:** Add Eucalyptus to your disinfectant cleaners for a fresh clean smell. I like to add Peppermint and Lemon oil, too.
- 4. Healthy Immunity:** Eucalyptus is one of the ingredients in the On Guard Protective Blend. Rub on your feet & massage onto your body to boost immunity.*
- 5. Head Lice:** In addition to Melaleuca oil, Eucalyptus oil has been studied to be effective against head lice. Mix Melaleuca and Eucalyptus oil with fractionated coconut oil and rub onto the hair and scalp. Put a shower cap on and leave overnight. Wash and comb hair in the morning.
- 6. Clear Skin:** Eucalyptus oil is one of the ingredients in the HD Clear essential oil blend. Use Eucalyptus alone or in the blend to cleanses the skin.*
- 7. Dust Mites:** Add 15-20 drops of Eucalyptus oil a glass water bottle and use as dust mite deterrent.
- 8. Improves Concentration:** Combine 2 drops each of Eucalyptus, Basil, and Roman Chamomile with 1 drop of Peppermint, and 1/2 cup of Epsom salt dissolved in a warm bath. Soak 15-20 minutes.*
- 9. Clear Mental Sluggishness:** Combine one drop of each of Eucalyptus and Rosemary in your palms and inhale to help you feel invigorated and vitality.
- 10. Spiritual Power:** Smell Eucalyptus oil while you meditate. It helps you get more oxygen in as you breathe slowly and deeply.

*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.

