

# Eucalyptus

## *Eucalyptus Radiata Essential Oil*

Eucalyptus helps to clear the mind and promote focus and concentration. It is quite valuable in fighting respiratory problems and also helps combat exhaustion and inflammation.

Size: 15ml Price: \$12.60

Size: 5ml Price: \$5.99

APPLICATION METHODS:



Can be used topically



Can be used aromatically

### Primary Benefits

Aids in relaxation, aids in healing of skin wounds, aids in clear breathing and opening airways, helps to focus and clear the mind.

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Clear, airy, fresh, sharp

### Collection Method

Steam Distillation

### Plant Part

Leaf

### Main Constituents

A-pinene, B-pinene, Eucalyptol, alpha-terpineol

### Description

Eucalyptus has a cooling effect on the body, helping with fevers, migraine, and other respiratory issues. Because of its specific chemical constituents, Eucalyptus is the perfect oil to aid in clear breathing and open airways and can also be used in a calming, soothing massage. It soothes inflammation and acts as a warming oil when used for muscular aches and pains. The purifying properties in Eucalyptus are very beneficial for the skin and for cleaning surfaces as well as the air. Eucalyptus also aids in releasing tension and is often found in mouth rinses to help freshen breath and aid in oral health.

### Uses

- Use as a warming oil for muscular aches and pains, rheumatoid arthritis, sprains, and poor circulation
- Add one drop to skin moisturizer and apply for energizing and uplifting benefits
- Combine with citrus oils or peppermint and water in a spray bottle to clean surfaces in your home
- Add to your skin care regimen for burns, blisters, herpes, cuts, wounds, skin infections, and insect bites.
- Diffuse for respiratory problems

### Properties

Antiseptic, Astringent, Deodorant, Diuretic, Sedative and Vasoconstrictor

*\*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.*



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