

## **How to Use Nature's Quick Relief Eucalyptus Oil**

### **ARTHRITIS, RHEUMATISM, BACK ACHES, SHOULDER, KNEE AND ALL MUSCLE PAIN:**

Wash area with warm water and for fastest relief, hold a warm wash cloth on the sore area to open the pores. Spray the oil and massage as you do a liniment or body rub.

### **CHEST CONGESTION, LARYNGITIS, ASTHMA, BRONCHITIS, COUGHS AND EMPHYSEMA:**

At first sign of discomfort, rub on chest and neck. Then sprinkle a few drops of Australian Eucalyptus Oil on a cloth or tissue and breathe in through the mouth, exhaling through the nose. Do this several times, but only once or twice for small children or pets. Children over 6 and older, inhale three times. The vapors may cause your eyes to water or cause you to cough. This is normal and will pass.

### **SINUS, HEADACHES, HAY FEVER, COLDS, HEAD AND NOSE CONGESTION:**

Spray into a wash cloth or tissue and breathe in the vapors through the nose, and exhale through the mouth.

### **COLD SORES:**

Apply directly to the affected areas with a cotton tip swab. Use several times a day. If used early enough, the oil, in most cases, will stop the cold sore before it breaks the skin.

### **RASHES AND INSECT BITES:**

Spray onto the affected area. Do as often as needed, several times a day.

### **MINOR BURNS AND SUNBURNS:**

Spray immediately to the burn and let dry. If applied early enough, the Oil may prevent blistering.

### **SORES, CUTS AND ABRASIONS:**

Spray Oil directly to the affected area. Apply through the bandage as it will cleanse the wound and stop infection. Use each time you change the bandage.

### **SAUNAS, HOT TUBS AND FOOT BATHS:**

Give your sauna a fresh, clean, country smell by adding some Genuine Australian Eucalyptus Oil to the water for splashing on hot stones or around sauna. You will find it

helps clear your head and makes breathing easier. Adding one or two teaspoons of Eucalyptus Oil to bath water is very invigorating and gives a feeling of well-being. A teaspoon of oil in a foot bath gives excellent relief. Can also be used in Vaporizers for easier breathing.

### **INSECT AND FLEA REPELLANT:**

Rub on to ankles and wrists to repel insects. For an effective flea repellent, soak pet collars in eucalyptus oil and allow to dry until just damp before putting it back on.

### **INSECT BITES:**

You can get quick relief from the pain of insect bites by applying Eucalyptus Oil to sore and swollen areas. Repeat if necessary. For spraying, mix 1/4 oil with 3/4 water.

### **MOUThWASH:**

For a refreshing mouthwash place two drops of oil on toothpaste when brushing teeth or add a few drops of oil to a glass of water and gargle. For gum disease, put a couple drops on your finger and massage gums. **TRAINING OIL:**

A warming soothing liniment that helps get muscles loosened and ready to go. Massage Genuine Australian Eucalyptus Oil on to muscles until a warm glow is felt. If desired, mix oil with olive or baby oil.

### **VINYL, WOOD OR TILE FLOOR CLEANER:**

Add a teaspoon of Eucalyptus Oil to the water when washing floors. It's great for cleaning and deodorizing.

### **DOG WASH:**

Many users have reported that a little eucalyptus oil added to water when washing a dog is a highly effective method of getting rid of fleas. Other dog owners have reported Eucalyptus Spray is excellent for freshening and deodorizing pet quarters.

### **CLOTHING WASH:**

Clean and freshen by adding a teaspoonful or two of Australian Eucalyptus Oil to each load of laundry. Ideal for work clothes, overalls, sportswear, socks and diapers.

### **DISHWASHING DETERGENT:**

Add 1 teaspoonful Eucalyptus Oil and 1 to 2 squirts of any Dishwashing Detergent.