

# Eucalyptus Your Way Through the Winter

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There are hundreds of different kinds of essential oils. Eucalyptus can easily be placed in the top five for its “good medicine” qualities. It is often referred to as the oil of respiration. It is also very effective in massage oil for aches and pains, because of its warming and stimulating properties.

Eucalyptus essential oil is the liquid that is held in sacs in the leaves of the Eucalyptus tree. It is extracted by steam distillation. The natural chemical contents determine it to be antibacterial and antiviral, with mucolytic and expectorant qualities.

All you need is a little bottle of pure Eucalyptus essential oil (we use Eucalyptus radiata) and another bottle of good base oil, such as Organic Golden Jojoba. The following suggestions can be used as part of your good medicine healthcare program, or as relief from colds, flu, and respiratory conditions.

## **Ways to help yourself:**

1. Simply **inhale** 5-7 deep breaths from the bottle of pure Eucalyptus, and/or use pure Eucalyptus oil in a room diffuser.
2. Add 2-3 drops of pure Eucalyptus on a **cotton ball** and tuck in a pocket close to lungs and heart, or in your pillow at night.
3. Make a **Palm Blend** by pouring a little base oil in your palm, add 1 drop Eucalyptus, apply to and in nose, then massage where appropriate, such as under cheekbones, over eyebrows, on temples, around ears, neck and chest. Rub palms together, cup nose, close eyes and breathe deeply.
4. Fix your **bath** water and get in first, then apply the Palm Blend described in #2 to nose, neck, chest, hands, and feet. Put warm wet washcloth over chest, close your eyes and rest in the water.
5. Make a **steam tent** for inhalation. Pour boiling water in glass Pyrex bowl; add 2-4 drops Eucalyptus. This will be very strong at first. Close eyes and bring face over bowl slowly while inhaling. After first few breaths, put towel over your head and the bowl. With hands under towel, massage face and back of neck. Rest here for 15-20 minutes. You can add another 1-2 drops every 5 to 10 minutes. This can be done 3 times a day.
6. Put 1 drop of Eucalyptus essential oil on the **sole of each foot**, put on your socks and tuck yourself in for the night. This can also be done during the day.
7. To use this for **massaging** aches and pains, add 8-12 drops of Pure Eucalyptus oil for each ounce of base oil, such as Organic Golden Jojoba. Start with 8 drops per ounce of base oil and build from there. Less is often more.