



# EUCALYPTUS USES

## MUSCLE ACHES

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Apply 1-2 drops to coconut oil and rub on the affected area.

⇒ for this remedy, dilute and test a little of the oil on your hand to ensure no unknown skin sensitivity exists

\*do not touch to eyes, wash hands after use

## FROZEN RELAXATION TOWELS

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In a container, stir 10 drops of Eucalyptus with 3 cups of water (these numbers can change depending on how many towels you want). Submerge a washcloth, one at a time, and then ring out excess liquid. Be sure to keep some liquid in the cloth though. Then fold in half and roll up. Place on a cookie sheet and then put them in the freezer. It may take a few hours for them to freeze, but once they do you will have access to immediate cool, soothing relief. These work best when they are applied to the neck/shoulders. Forehead would also work, being careful not to get it into your eyes.

Sources: [doterra.com](http://doterra.com) and [simplydarrling.com](http://simplydarrling.com)