

Eucalyptus

We at Meraki Essentials call Eucalyptus the "Decongestant Potion" due to its piercing, stimulating and clearing properties!

The oil of Eucalyptus has a strong, penetrating, herbaceous & earthy aroma.

Eucalyptus Globulus is one of the most familiar essential oils, due to its numerous health benefits of eucalyptus oil have attracted the attention of the entire world to explore its usage in aromatherapy as well as conventional & modern medicine.

Diffusion may help in: Stimulating mental activity * Relieving fatigue, drowsiness * Improving concentration & memory * Relieving headaches and neuralgia * Keeping the mind clear while Meditating, especially when you have a cold * Strengthening subtle energies, to those who feel constricted in life. * Psychic cleansing * Clearing negative energy

Massage with Carrier Oil may help in: Skin irritation & inflammation * Repelling insects * Sting of insect bites

Additional: Used as a decongestant in steam inhalations to relieve cold, flu and other respiratory ailments * Said to have antimicrobial & antiseptic properties, effective at treating wounds, burns, cuts, abrasions, sores & scrapes * Added to a bath or local wash, may help in relieving pain of shingles and effective against cold sores and herpes



How to use Essential Oils?

It is important for a user of Essential Oils to acquire knowledge before using them so as to be able to use them safely and to get desired results. There is plethora of information available on each essential oil, its benefits, and usage, in books and on the internet.

Informed use of essential oils can derive immense benefits to mind, soul & body.

In general, essential oils are used as under:

- * Blend 20 - 30 drops of an essential oil with 50 ml of carrier oil & massage gently on skin and hair.
- * Add a few drops to bath water to reap benefits.
- * Use 4-5 drops of essential oil in water, diffuse & witness wonderful fragrances that bring delight to the mind & soul.

Be careful not to use higher quantities

Precautions: Avoid during pregnancy * Use sparingly * Do not use undiluted on skin * Patch test recommended before use * May cause allergy to sensitive persons in which case discontinue use immediately * Avoid contact with eyes & mouth * Essential oils are flammable * Store in a cool & dry place, away from sunlight * Keep out of reach of children * Use within three months of opening the bottle * For external use only * Not for ingestion

www.merakiessentials.com

Be sure that you are buying
high-quality pure essential oil.