



**Essential oils have numerous benefits but should be handled cautiously:**

- Due to their concentration, the essential oils must always be diluted.
- Avoid direct or indirect contact with eyes.
- Keep out of reach of children.
- Do not use for children under 3 years of age.
- Observe restrictions for pregnant women.

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**Eucalyptus oil benefits:**

1. Use in a massage oil on the affected area to relieve pain. If combined with rest and relaxation, heals underlying cause
2. Use in a burner, bath or as a chest rub to alleviate breathing difficulties in asthma patients
3. Use as a chest rub, burned in vaporizer or inhaled to clear congestion or detoxify in bronchitis patients
4. Add to bathwater to relieve congestion in catarrh patients
5. Use in bath or as a chest rub in colds and flu sufferers
6. Use in bath or vaporizer to alleviate symptoms of hay fever
7. Use in steam inhalation to fight infections and clear blocked passages in sinusitis patients
8. Use in bath or as a compress in chilblains sufferers and people with cold weather related red itch swellings on fingers and toes
9. Add to bathwater or massage with eucalyptus oil to relieve arthritis and rheumatism
10. Use in bath, massage or burner to relax, relieve pain and reduce inflammation in backache sufferers
11. Add to bathwater or use in compress to relieve cystitis
12. Use in a cold compress to treat mild burns or add to bathwater, lotion or cool compress in case of sunburns



**Rwandan Natural fragrance**

Ikirezi Natural Products is a community-interest business with the vision to be a leading producer of high quality essential oils and other natural plant products that maximizes profits to small farmers, holistically transforms communities, and strengthens agribusiness in Rwanda.

**Eucalyptus oil**

