

*Eucalyptus globulus* is one of the world's most familiar essential oils and is widely known to help with respiratory problems. Traditionally, the antiseptic leaves were burned to fumigate the sick and the vapours inhaled for the relief of asthma, colds and fever. Infusions were taken internally for stomach upsets, and the fresh leaves were applied directly to ease joint pain and speed up the healing of cuts, wounds and infections. Early Australian settlers named *E. globulus* the 'fever tree' because of its efficacy in treating septic and typhoid fever

## **Eucalyptus oil**

Wholly derived from *Eucalyptus globulus*, **eucalyptus essential oil** is extracted from fresh and mature leaves through the process of steam distillation.

The main constituents are: 1,8-cineole and  $\alpha$ -pinene.





**Buying Ikirezi products means supporting these rural farmers and more !**

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## **Eucalyptus oil can be used in:**

**Burners and vaporizers:** in vapor therapy, eucalyptus oil may be used for: frequent sneezing, hay fever, flu, respiratory problems, as an insect repellent, headaches and for helping to improve concentration.

**Blended massage oil or in the bath:** eucalyptus oil can be used in blended massage oil (1-2%) , or diluted in the bath (10-15drops/full bath), to assist with arthritis, asthma, bronchitis, mucous congestion, colds, headaches, rheumatism, sinusitis, catarrh, fatigue and muscular aches and pains.

**In a cream or lotion:(2%)** apart from giving pain relief to muscular spasms and rheumatism, eucalyptus oil can also help speed up the healing of slow healing wounds and ulcers, calm skin eruptions and clear congested skin.

**Used neat or dab on with a bud:** eucalyptus oil can be used neat on the skin for insect bites or wounds, but care should be taken when doing so.

**Gargle:(1-2 drops/cup)** when very diluted eucalyptus oil is added to a gargle, so it can be used for soothing a sore throat.