

AURA CACIA® ESSENTIAL OIL SOLUTIONS RECIPE PAD
WINTERTIME SOLUTION



PURIFYING EUCALYPTUS
Steam Bath

Penetrating eucalyptus vapors combine with hot steam to purify the air and open breathing.

Ingredients:

1-2 quarts boiling water

2-3 teaspoons of eucalyptus or
rosemary leaves (optional)

7 drops Aura Cacia® eucalyptus essential oil

3 drops Aura Cacia® lavender essential oil

Directions: Apply oils to leaves and place in the bottom of a large bowl. Pour on boiling water and enjoy the steam.

PLANT PART USED

leaves

SOURCE

China

AROMA PROFILE

fresh, camphorous

AROMATHERAPY BENEFITS

purifying, invigorating, penetrating



Eucalyptus
Eucalyptus globulus

The distinct, penetrating aroma of eucalyptus is familiar to us from its common use as an ingredient in chest rubs, salves, cold-care products and liniments. Although care must be taken that its strong scent doesn't dominate, it blends well with lavender, German chamomile, rosemary, and citrus oils. Purifying eucalyptus is a great starting point for aromatherapists who want to create a simple therapeutic blend for everyday use.

For more information and recipes for every season visit www.auracacia.com



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