

*Conscious Breathing  
& Clarification*



PRIMAVERA®



DIY

Recipes with

# Organic Eucalyptus Globulus



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# Organic Eucalyptus Globulus

Eucalyptus essential oil makes it easier to breathe consciously during the cold season.

## Fragrance Profile

Fresh, clear, and camphor-like

## Benefit

Offers relief and provides nourishment for dry skin.

### "BREATHE CONSCIOUSLY"

#### Chest Rub

- 50 ml Organic Sweet Almond Oil
- 5 drops of Organic Eucalyptus Globulus
- 5 drops of Cajeput Extra
- 3 drops of Organic Benzoin Resinoid

Mix the essential oils into the almond oil. Apply to chest and back, and take deep breaths.

### "SNIFFLES CARE"

#### Roll-On Nose Care

- 10 ml Organic Jojoba Oil
- 2 drops of Organic Eucalyptus Globulus
- 1 drop of Cajeput Extra

Mix the oils in an empty roll-on dispenser. Gently pat the oil on stressed and reddened outer nostrils.

