



The Intuitive Connection

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Oil Spotlight: Eucalyptus



Eucalyptus trees, also known as gum trees, are native to Australia. They can grow anywhere from 30 to 300 feet in height and produce long, thin, green leaves, from which the essential oil is extracted through steam distillation. There are over 700 species of this tree, but there are only 4 varieties of essential oils. This article will focus on the benefits of Eucalyptus radiata essential oil. The main chemical components of Eucalyptus radiata are eucalyptol and alpha-terpineol. These components give Eucalyptus oil a soothing, cooling vapor that is great for the skin, clearing airways, freshening the breath, and can even be used as a surface and air cleanser.

Eucalyptus radiata can be used aromatically and topically, but should be diluted with a carrier oil for those with sensitive skin before topical application. It blends well with balance, bergamot, black pepper, cedarwood, cypress, geranium, ginger, grapefruit, frankincense, juniper berry, lavender, lemon, lemongrass, peppermint, petitgrain, roman chamomile, rosemary, tea tree, tangerine and thyme.

Therapeutic properties for Eucalyptus radiata include: analgesic (pain relief), antibacterial, antifungal, anti-inflammatory, antimicrobial, anti-rheumatic, antispasmodic, antiviral, cephalic, decongestant, expectorant, immunostimulant, mucolytic and skin penetration enhancement. This is an excellent oil for immune support, pain/inflammation relief, healing skin issues, and respiratory issues. Emotionally, this oil calms, and soothes during times of exhaustion, aids emotional fortitude, uplifts and provides mental clarity, and reduces negative thoughts and feelings. Some suggested uses for Eucalyptus radiata are:

Emotional support:

- Inhale from bottle, diffuse, or use an inhaler to calm feelings of tension/stress and to clear the mind.

Physical support:

- Add 1-2 drops to your favorite massage oil to ease muscles and encourage relaxation.
- Add 1 drop to boiling water in a mug, create a tent, and breathe in the vapors to open blocked sinuses.
- Add 2 drops Eucalyptus and 4 drops Wild Orange to a diffuser to clean the air.
- Add 5 drops Eucalyptus and 5 drops Tea Tree to 16 oz spray bottle filled with water. Shake, spray and wipe down surfaces prone to mold. It will remove the mold and musty odors, and prevent it from returning.
- For a hot oil treatment, warm 1 tbsp. fractionated coconut oil and 2 tsp jojoba oil. Mix 4-5 drops Eucalyptus oil to warm carrier oils, then use your fingertips to apply and massage into the scalp. Leave on for 15 minutes, then wash out. Can be applied once a week.
- Add 35-40 drops with 8 oz unscented castile soap and use as a daily face wash to reduce acne/blemishes.

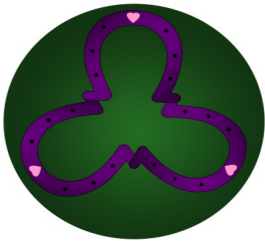
If you'd like more information about Eucalyptus or would like to order a bottle, please contact me by email at contact@trinityhealingconnection.com.



Check out our alpaca inspired lip balm flavor of the month featuring Daphne!

“Quiet and shy, but sweet as pie!”

Blueberry Spearmint



Trinity Healing

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*For your convenience, services can be scheduled
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Referrals

Needing a service I don't provide? I recommend the following:

Anne Angelheart

Transformational Coach, Channeler, Author & Speaker

Website: www.anneangelheart.com

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Cindy Holt, Holt Holistic Healing

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