



AMAZING SCENTS.  AROMATHERAPY

## LEARN WITH LIANNE



A weekly newsletter all about learning more about your precious essential oils and accessories from Amazing Scents

Welcome to our new newsletter - **Learn with Lianne**. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

## EUCALYPTUS PEPPERMINT

Eucalyptus. The quintessential Australian oil. Eucalyptus oil's history of medicinal use dates back to the days of Indigenous Australians, who used both the leaves and the roots of the plant as medicines. But did you know there are over 900 different Eucalyptus species? And did you know that there are a number of different Eucalypt oils on the market? Not all 900 species of Eucalypt trees produce oils, but the ones that do are spectacular. I have fallen in love with Eucalyptus Peppermint and it is now one of my favourites, especially in my inhaler cup. So let's learn a little more about this wonderful oil.



What makes this oil so special is that it has the quintessential Eucalyptus aroma with the menthol freshness of Peppermint. A unique yet divine aroma. It is steam distilled from the leaves and branches of plantation trees. The trees mainly grow in the Blue Mountain region of NSW, but also in the Great Diving Range and as far down as Ballarat. It grows now in many other countries too, for example South Africa.

First Nations people use to smell the smoke of the burning leaves to help relieve fever, colds and flus. It is also known for its mucolytic properties which means it can help break down any nasal and chest congestion. You can make a lovely herbal tea drink with the leaves to help with intestinal problems - but remember don't do this with the oil.

Eucalyptus Peppermint Oil is said to be anti-bacterial, antiseptic, antifungal and a decongestant that may ease symptoms of colds and flu, making it a must-have oil for the Winter season. It's a great one to add to the Inhaler Cup, but be mindful of using it with younger children as many safety experts say not to use it for those under 3. It could be a great oil to add to your Muscular Ease Blend through the winter months too.

Metaphysically Eucalyptus Peppermint is used to cleanse the mind and reduce negative emotions, opening the heart and alleviating grief and sorrow. Many of you have purchased this recently in our current Saver 2 and will benefit in so many ways. I know you will fall in love too!

Being an Australian oil, it blends well with other Australian oils such as Kunzea and Tea Tree, but also blends well with Lavender, Lemon, Lime and Orange.

# Clear It Up

## DIFFUSER BLEND



EUCALYPTUS PEPPERMINT



LEMON



SWEET ORANGE

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Do you love Eucalyptus Peppermint oil? How do you like to use it? Share in the Facebook group, The Secret Oil Garden, so that others can learn tips and tricks. Email us at [socialmedia@amazingscents.com.au](mailto:socialmedia@amazingscents.com.au) and we will share your stories in future editions of our newsletter.

Remember to follow us on [Facebook](#) and [Instagram](#), and like, comment and share our content with your friends, family and the local community.



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