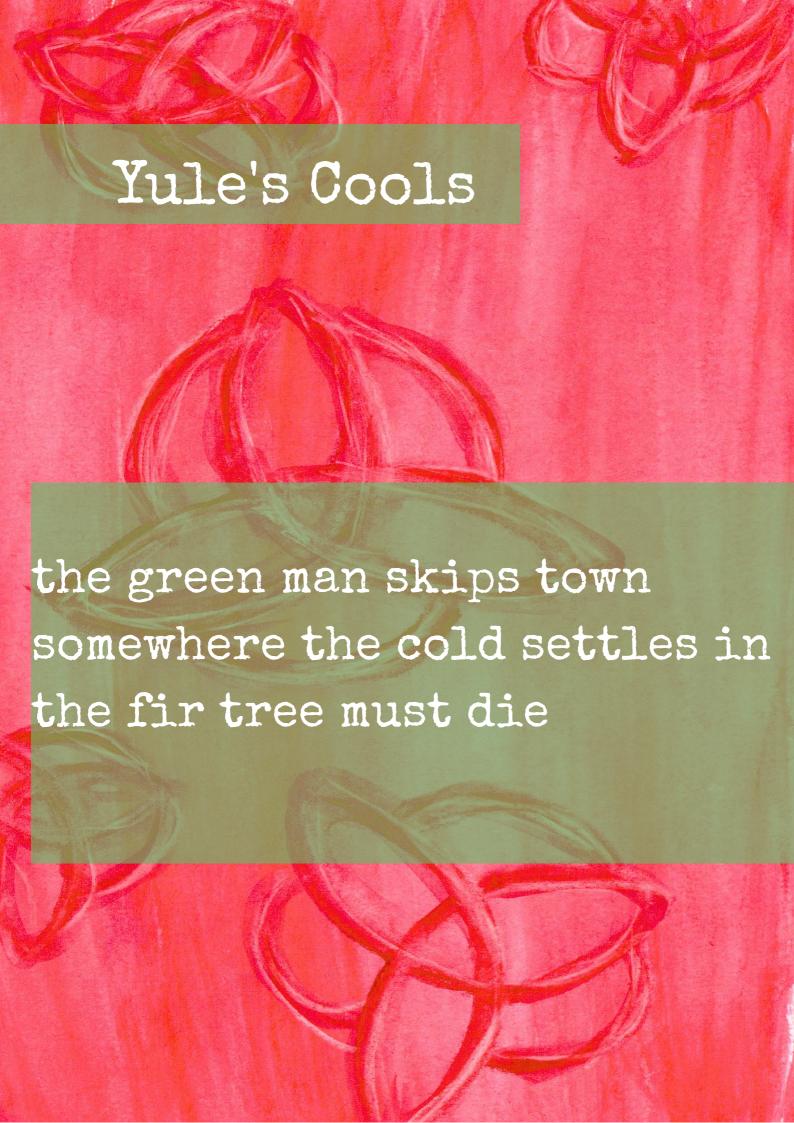
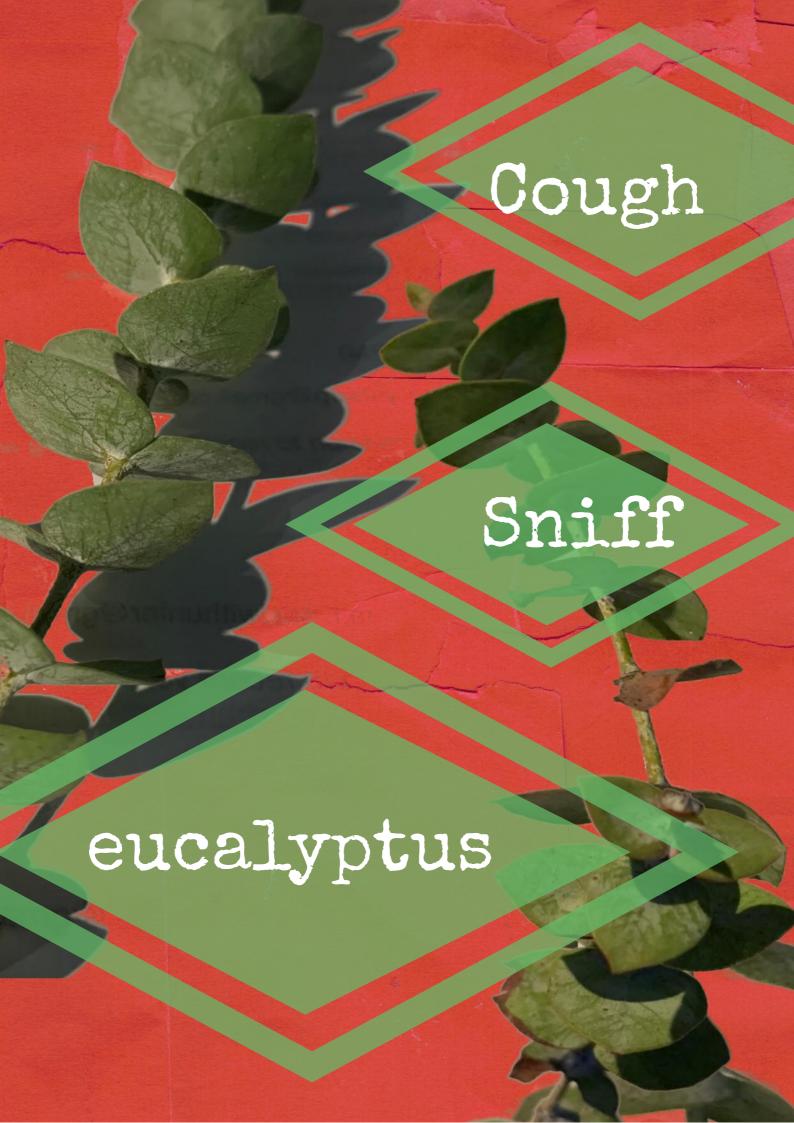
December 2020





## Eucalyptus-Oil

1/4 ounce fresh eucalyptus leaves Enough oil (olive oil, coconut oil, or almond oil) to cover them in a mason jar

Take your 1/4 ounce of eucalyptus leaves and put them in a mason jar. Crush them with the handle of a wooden spoon to release the oils. Then, pour your oil over the top until they are covered.

Let the mason jar sit on your windowsill for a few weeks. Then, strain out the leaves using cheese cloth and store the oil in a dark jar or in a dark location to prevent breaking down of the oils. Do not ingest! Eucalyptus is toxic!



