



Spokane Holistic
Healing

Spokane Holistic Healing Client Handout

Eucalyptus-Infused Towels After Red light and Infrared Sauna Therapy

Using **eucalyptus-infused towels after red light and infrared sauna therapy** is a fantastic way to enhance relaxation and refresh the body. Here's why it's beneficial and how to do it properly:

Benefits of Eucalyptus Towels After an Infrared Sauna

1. **Cooling & Refreshing** – The cooling effect of eucalyptus helps **regulate body temperature** after the intense heat of an infrared sauna.
2. **Clears Airways** – Inhaling eucalyptus vapors helps **open nasal passages** and improve **breathing**, which is great after sweating in a sauna.
3. **Skin Rejuvenation** – Eucalyptus has **antibacterial** and **anti-inflammatory** properties that can help **cleanse pores** and soothe **post-sauna skin**.
4. **Muscle Relaxation** – The natural **anti-inflammatory** effects can further ease **muscle tension** and **joint pain**.
5. **Aromatherapy Benefits** – The scent of eucalyptus promotes **mental clarity**, **stress relief**, and **relaxation** after the sauna session.

Eucalyptus has several health benefits, thanks to its antibacterial, anti-inflammatory, and decongestant properties. Here are some of the key benefits:

1. Respiratory Health

- Eucalyptus oil is commonly used in steam inhalation to relieve **nasal congestion**, **coughs**, and **sinus infections**.
- It helps loosen **mucus** and makes breathing easier, making it beneficial for people with **asthma**, **bronchitis**, or the **common cold**.

2. Antibacterial & Antiviral Properties

- Eucalyptus contains compounds like **cineole**, which can fight **bacteria**, **viruses**, and **fungi**.
- It is used in **mouthwashes** and **cough drops** to prevent infections and freshen breath.

3. Pain Relief & Muscle Relaxation

- Eucalyptus oil has **anti-inflammatory** properties that help with **muscle pain**, **joint pain**, and **arthritis**.
- It is often used in **massage oils**, **balms**, and **ointments** for pain relief.



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4. Improves Mental Clarity & Reduces Stress

- The scent of eucalyptus has been shown to **boost mental clarity** and **reduce stress**.
- It is often used in **aromatherapy** to promote relaxation and reduce mental fatigue.

5. Supports Wound Healing

- Due to its **antiseptic** properties, eucalyptus oil can help **disinfect wounds, cuts, and insect bites**.

6. Lowers Blood Sugar

- Some studies suggest that eucalyptus **may help lower blood sugar levels**, making it potentially beneficial for **diabetes management**.