



EUUCALYPTUS

Clearing mucus & congestion

Energy, focus, & optimism

Helping to clear infections

Mental motivation

Easing headaches

Encouraging circulation

Calming inflammation in the respiratory system & other areas of the body

Eucalyptus Globulus

Eucalyptus Radiata

Eucalyptus Dives

Eucalyptus Citriodora

Health systems	Potential health issues/ Areas Treated	Methods of Application/ Dilution %
Cardiovascular & Circulatory system	High blood pressure Helps balance blood-sugar levels Reduces fevers	1 – 2% dilution for inhalation, massage, bath, cream, and gel
Respiratory system	Cold and flue Coughs Fever Laryngitis Sore throat Supports normal respiration	1 – 3% dilution for shampoo, conditioner, body wash 3-6 drops for nasal inhaler
Muscular & Skeletal system	Muscular aches and pains Reduces abnormal bone growth	
Skin care & cosmetics	Acne Chickenpox Fungal infections Insect repellent Oily hair and skin Skin infections Ring worms Shingles Wound healing	
Reproductive system	Candida Menstrual cramps	

Mind & Emotions	Calms and soothes the nerves Combats negative emotions Insomnia Nervous exhaustion Relieves mental exhaustion		
Therapeutic properties	Analgesic Antifungal Antiseptic Anesthetic Antineuralgic Diuretic Invigorating	Antibacterial Antirheumatic Antispasmodic Antiviral Decongestant Expectorant Stimulating	
CAUTIONS:	<ul style="list-style-type: none"> • Avoid with children under age 3, particularly around the nose and mouth. Use very cautiously in children under age 5 due to high 1,8-cineole content. 1,8-cineole may cause seizures, central nervous system problems, or respiratory distress in young children. • Avoid with epilepsy or Parkinson's disease due to 1,8-cineole content. May exacerbate or cause seizures or convulsions based on 1,8-cineol content. • Caution is warranted orally due to the significant amounts of 1,8-cineole. Limit it to small doses internally (adults – maximum 6-10 drops daily). Toxicity has been reported when eucalyptus was ingested in large doses, and as few 4 to 5 drops may cause problems in very sensitive individuals. • May weakly interfere with the enzymes responsible for metabolizing medications (NSAIDs, proton-pump inhibitors, acetaminophen, anti-epileptics, immune modulators, blood-sugar medications, blood-pressure medications, antidepressants, antipsychotics, diabetic medications, antihistamines, antibiotics, and anesthetics). • May interact with diabetic medications. • May interact with aspirin, blood-pressure, antiplatelet, and anticoagulant medications, and increase the risk of bleeding among people with bleeding disorders. • May interfere with pentobarbital and other barbiturates (medications for anxiety and insomnia) based on 1,8-cineole content. • Not compatible with homeopathic treatment. 		

Name of EO: Eucalyptus

Family name: *Eucalyptus globulus*, *Eucalyptus radiata*, *Eucalyptus dive*, *Corymbia citriodora*

About the plant: With aromatic green leaves and gray bark, *Eucalyptus globulus* reaches a height of up to 480 feet, making it one of the world's tallest trees. With dark bark and narrow green aromatic leaves, *Eucalyptus radiata* grows up to 170 feet tall.

Plant Part: Leaves and Twigs

Extraction Method: Steam Distilled

Strength of Aroma: Medium

Aromatic Scent: Medicinal, penetrating, peppery, powerful, stimulating

Note: Top to Middle

Blends well with: Basil Linalool, Cajuputs, Cedarwood Atlas, Citronella, Frankincense Serrata, Ginger Root CO2, Lavender, Lemon, Spearmint, and Tea Tree.

Possible substitute oils: Niaouli 1,8-Cineole, Bay Laurel, Cajeput, Ravintsara, Ravensara, Cardamom, Rosemary 1,8-Cineole, Myrtle, Sage

Did you know?

Eucalyptus essential oil is commonly used in saunas and spas.

The leaves of the eucalyptus tree are the koala's only food.

Spiritual uses: Eucalyptus is a good essential oil to incorporate into your medication or yoga practice since it helps you to be mindful of your breath and allows for clear respiratory passages as well as a clear mind. Eucalyptus clears negative psychic energy, so it's a good oil to add to a synergistic blend to clear the energetic space.

Mental uses: Eucalyptus increases cerebral blood flow, which is why it increases alertness. It is beneficial when you are setting the intention to release negative or toxic thoughts. The refreshing scent activates a cleansing of the mental processes that are creating perceived blocks.

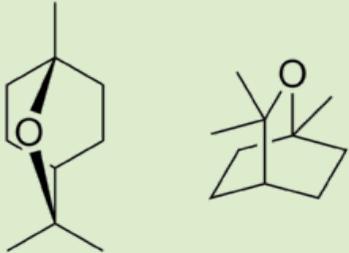
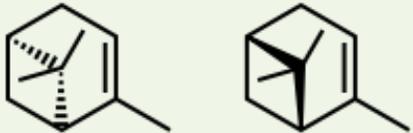
Emotional uses: Eucalyptus has a cooling quality if you are feeling hotheaded and angry. Inhale Eucalyptus deeply to release feelings of agitation and frustration. Use it in the aromatic-energetic mist to shift the energy of a room and cleanse it of intense emotions.

Physical uses: Use Eucalyptus at the first sign of a cold or respiratory challenge to reduce or release the symptoms of cold, flu, and allergies. It opens up all breathing passages to relieve congestion of nose, sinus, and bronchial airway. Eucalyptus is helpful for relieving painful, aching muscles. Eucalyptus radiata helps relieve the pain and symptoms of shingles. It is excellent deodorizer for the body as well as for the air. It is also a very good disinfectant. Eucalyptus radiata is one of the best natural insect repellents, said to work for up to 90 minutes. Eucalyptus, both radiata and globulus, is a good aromatherapy ally for athletes, environmentalists, housekeepers, infectious disease specialists, law enforcement professionals, marathon participants, pest control professionals, and pulmonary specialists.

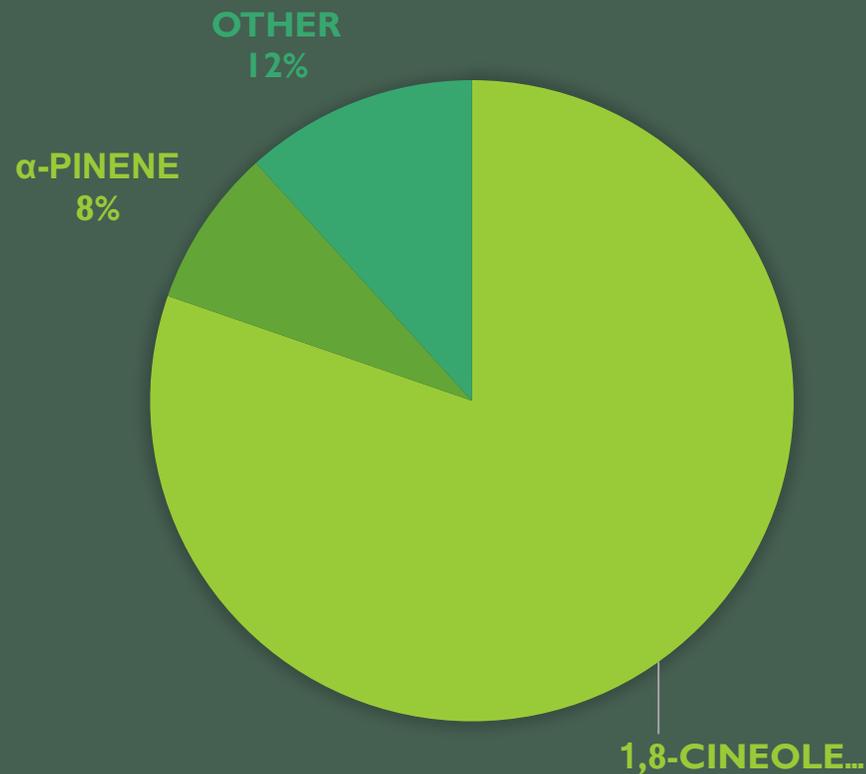
Did you know?

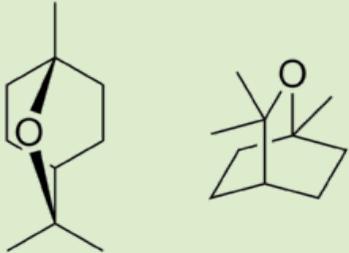
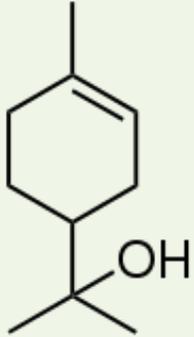
Eucalyptus tree has unique strategy to survive fires that are usual for the Australian forests. Deep inside the tree and inside the roots, eucalyptus has dormant shoots. They will germinate only under the influence of hormones that are triggered by heat (of the fire).

Name	Botanical Name	Key Constituents	Therapeutic Properties	Cautions	KidSafe	Strength of Aroma/ Aromatic Scent	Extraction Method	Plant Part	Storage Life
Eucalyptus Globulus	<i>Eucalyptus globulus</i>	1,8-CINEOLE	It is being used to support aching muscles, promoting a healthy circulation, and stimulating mental focus. Helps with respiratory problems.	Do not apply to or near the face of infants or young children	No	Strong; A very herbaceous scent with soft woody undertones	Steam Distilled	Leaves	1 years
Eucalyptus Radiata	<i>Eucalyptus radiata</i>	1,8-CINEOLE α-TERPINEOL	Support a healthy respiratory system and to ease breathing. Can help combat seasonal illnesses by helping you breathe easier.	Do not apply to or near the face of infants or young children	No	Strong; A crisp, clean, aroma with a hint of citrus and floral	Steam Distilled	Leaves	1 years
Eucalyptus Dives	<i>Eucalyptus dives</i>	PIPERITONE α-PHELLANDRENE	Can help give you a mental boost, can help revitalize the senses and the space you are in. Great for household cleaners to give an extra boost. Can help even and tone the skin prone to blemishes. Has anti-candida properties.	None known	Yes	Strong; Strong herbaceous, woody, minty scent that is stimulating and uplifting	Steam Distilled	Leaves & Twigs	1 years
Eucalyptus Citriodora (Lemon Eucalyptus)	<i>Corymbia citriodora</i>	CITRONELLAL	Eucalyptus Lemon essential oil is calming to the spirit. It's a wonderful air freshener, and can help support a healthy respiratory system.	None known	Yes	Medium; A light, sweet lemony Citronella-type scent	Steam Distilled	Leaves	1 years

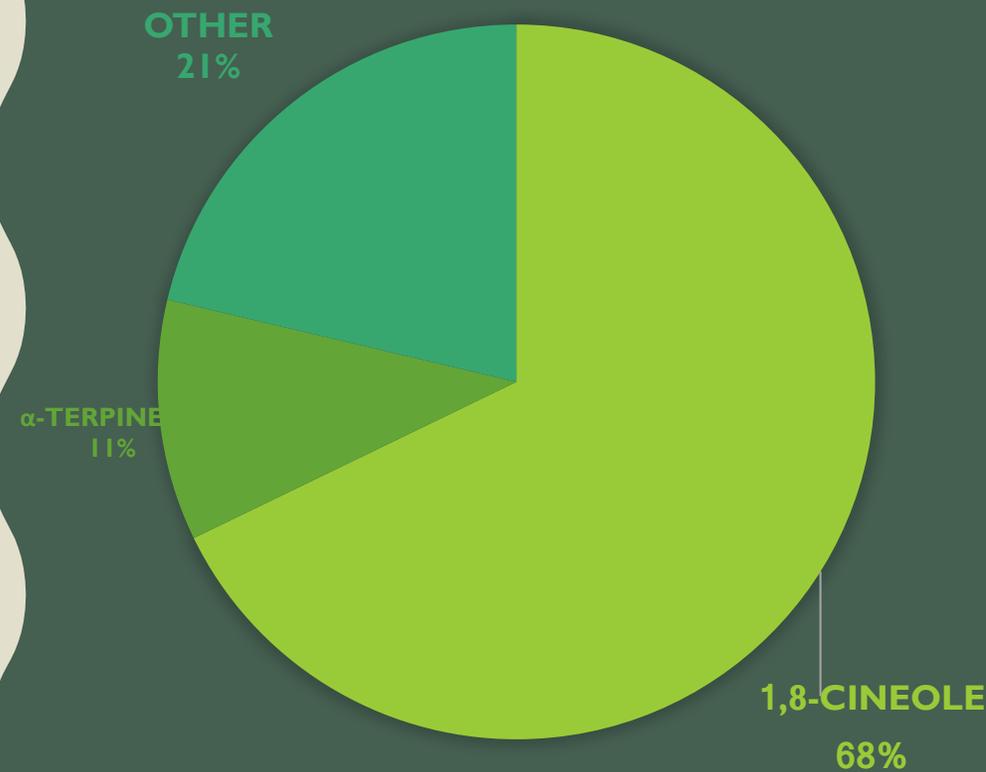
Key Constituents	Structure	Therapeutic Properties
1,8-CINEOLE		<p>Surface cleaning properties May support healthy respiratory system function used to support aching muscles, promoting a healthy circulation, or stimulating mental focus</p>
α -PINENE	 <p>(+)-α-pinene (-)-α-pinene</p>	<p>Supports cardiovascular, nervous, and digestive system Supports cellular function Helps gums, teeth, and skin look clean and healthy Soothing to the tissue Aroma has powerful relaxing effects</p>

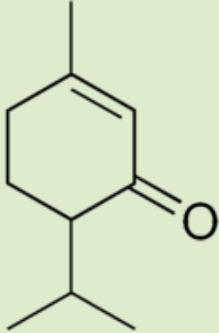
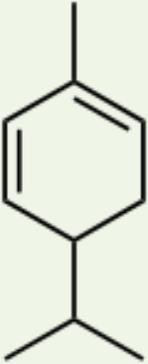
KEY CONSTITUENTS EUCALYPTUS GLOBULUS



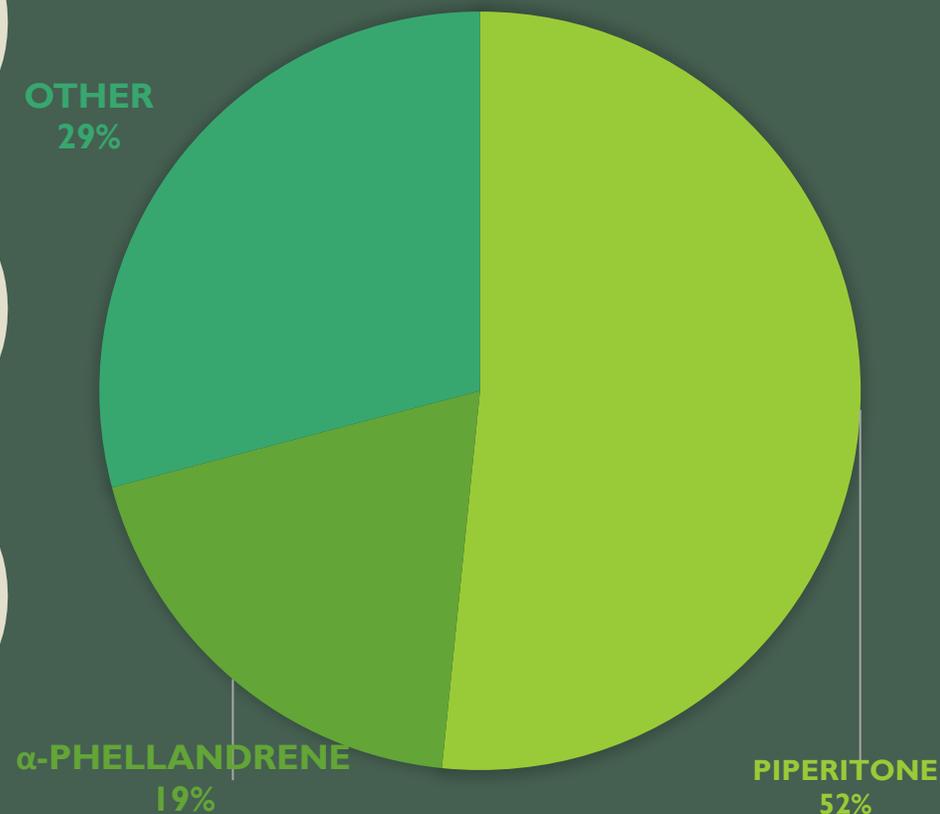
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1,8-CINEOLE		<p>Surface cleaning properties May support healthy respiratory system function used to support aching muscles, promoting a healthy circulation, or stimulating mental focus</p>
α -TERPINEOL		<p>Calming and relaxing aroma</p>

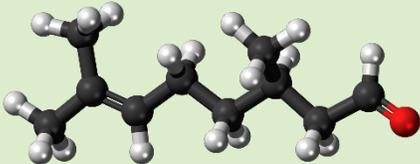
KEY CONSTITUENTS EUCALYPTUS RADIATA



Key Constituents	Structure	Therapeutic Properties
PIPERITONE		<p>Piperitone is a flavouring ingredient. Piperitone is a natural monoterpene ketone which is a component of some essential oils.</p>
α -PHELLANDRENE		<p>α-Phellandrene is the name for a pair of organic compounds that have a similar molecular structure and similar chemical properties. α-Phellandrene and beta-phellandrene are cyclic monoterpenes and are double-bond isomers. The phellandrenes are used in fragrances because of their pleasing aromas.</p>

KEY CONSTITUENTS EUCALYPTUS DIVES



Key Constituents	Structure	Therapeutic Properties
CITRONELLAL		<p>Supports cellular function and response</p> <p>Promotes healthy blood flow</p> <p>Topical application may help the skin and scalp look clean and healthy</p> <p>Can keep pesky insects at bay</p>

KEY CONSTITUENTS
EUCALYPTUS CITRIODORA

