

Essential oil of EUCALYPTUS Species

By Penny Keay

Includes

Eucalyptus globulus

Eucalyptus radiata

Eucalyptus polybractea aka *Blue Mallee*

Eucalyptus citriodora aka *Eucalyptus Lemon*



Countries of production - Australia, Tasmania, has also been cultivated in China, Spain, Portugal, Brazil, California & Russia

Processed - Steam distilled

Part used - Leaves and young twigs

Smell - camphorous, piercing with a sweet woody under note. *E. citriodora* - has a definitive - lemon, citrusy smell.

Color - Colorless to pale yellow

Note - Top

PROPERTIES & USES:

Traditional Therapeutic actions:

E. Globulus, *E. Citriodora*, *E. Radiata*, *E. Polybractea*

Analgesic, anti-bacterial, anti-fungal, anti-neuralgic, anti-inflammatory, antirheumatic, antiseptic, antiviral, decongestant, expectorant, stimulant.

E. Citriodora aka *Eucalyptus Lemon* – the above actions plus insect repellent. It is considered a good replacement for DEET. **E. Lemon** is also considered a calming oil.

E. Radiata - is the Eucalyptus species of choice for use in children, the elderly or the infirm.

E. Polybractea – is reported to be one of the best to use for pain and strains for muscles.

Inhalation:

- asthma, bronchitis, cough, fever, headache, flu and lung infections, pneumonia, sinusitis, respiratory infections, viral infections, sore throats, improve alertness and concentration.

External as blended in oil or other carrier:

cuts, sores, burns, blisters, bruises, insect bites, muscle pain and stiffness, sinus congestion, infections, abscesses, arthritis, headache, sprains, any variety of aches and pains.

Industry & Household uses:

antiseptics, soaps, liniments, cough syrups, toothpaste, detergents.

MORE NOTES:

Eucalyptus oils are found in many upper respiratory preparations such as 'Vicks type' rubs. They are also used in several types of throat lozenges. Eucalyptus oils are not used in perfumery! In addition, Eucalyptus Citriodora has a proven track record of being one of the few essential oils known to repel many of the obnoxious flying insect pests such as mosquitos and gnats.

BLENDS with:

Basil, Black Pepper, Cedarwood, Chamomiles, Cypress, Elemi, Fragonia, Frankincense, Geranium, Ginger, Helichrysum, Juniper Berry, Lavandin, Lavender, Lemon, Manuka, Peppermint, Pine, Rosemary Tea Tree and Thyme ct Linalol.

The information provided in this Website article is for informational and educational purposes only. You should not use this information to replace medical advice given by a licensed medical practitioner. Anyone considering alternative therapies should remember to consult with their licensed medical professional before using any alternative or complementary method. We do not give nor is any opinion on our web site medical advice, they are merely suggested uses.

©2019 Penny Keay All rights reserved Worldwide. Please do not use my information without my permission.

Essential oil of EUCALYPTUS Species

Cautions:

Safe when properly diluted and used at 10% or less when used in massage, no irritation or sensitization noted.

10% of course, is not necessary for most applications. We suggest the 3-5% dilution for most applications.

Any essential oil - ingested in large amounts can be fatal.

Keep out of reach of children.

*Eucalyptus globulus and polybractea should be used with caution around young children as it has a cooling effect that can cause airways to close, aka Laryngeal spasms, and restrict breathing in the extremely young (under 2).

It is preferable to use Eucalyptus radiata in controlled amounts around young children, elderly or infirm.

Recipes and BLENDS TO TRY

Whenever Coughs, Flu and Cold season is upon us, here are several recipes that might give you relief from the miserable symptoms these problems cause.

Remember that a small amount of essential oils go a long way.
Be careful to not over use even a good thing!

Do not use eucalyptus (or peppermint) based blends for children under 3 years due to laryngeal spasms. Monitor closely if used around children under 5 years.

FOR COUGHS AND CROUP (in children over 5 years)

Use Eucalyptus (several drops) in a pan of water on low heat or put in a vaporizer or diffuser.
This will disperse into the room and help break up mucous and reduce coughing.

COLD COMBATING BLEND

Orange - 20 drops
Eucalyptus - 10 drops
Juniper berry 10 drops
Pine Needle - 10 drops
Basil - 6 drops
Rosewood NE - 6 drops
Ginger - 4 drops

Blend all together and use in any diffuser. You can also add few drops to 1-tablespoon liquid soap (or shampoo), mix well then add to the water in a hot bath. For extra relaxation, add some Epsom salts too!

ROOM DISINFECTANT

Tea Tree- 65 drops
Thyme - 50 drops
Eucalyptus - 35 drops
Pure Water - 4 ounces
Mix together and spritz in the room.

We suggest - omit the water and place a few drops in a diffuser or in Ultra-sonic Humidifier diffuser)

This is a very strong disinfectant. Remove people and pets (including birds) from the room you are spraying. Let the disinfectant work for 15-20 minutes before using the room again.

If you are diffusing, then use only 5-10 drops in your diffuser. You do not have to leave the room if you use a diffuser.

Essential oil of EUCALYPTUS Species

SORE JOINT RUBBING OIL

Marjoram - 10 drops
Eucalyptus - 8 drops
Cajeput - 4 drops
Black Pepper - 2 drops
Carrier oil – 2 oz.

Mix all oils and add to the carrier oil- shake well and warm gently before massaging on sore joints.

ATHLETES FOOT RELIEF OIL

Carrier oil such as Jojoba - 2 oz
Tea Tree - 10 drops
Eucalyptus- 8 drops
Myrrh - 6 drops
Thyme - 6 drops

Place in a clean container and blend together. Apply a few drops directly to affected area. Once or twice a day.

This will not cure Athletes foot. You should get relief from the itching within a day or two. Be consistent and with continued use, your feet will feel better quickly.

Fungal infections which Athlete's foot is, can take several weeks to be eliminated.

Use this consistently for several weeks to help eliminate the fungal infection.