

EUCALYPTUS

Eucalyptus radiata

Proven respiratory aid

Source:	Australia
Extraction:	Steam distillation of leaves
Blending Factor:	1
Odour Note:	Top

Characteristics:

Eucalyptus oil is a colourless to pale yellow with clear, sharp, piercing camphorus and woody odour with a sweet undertone.

Safety Precautions:

For external use Eucalyptus oil is reported to be non-toxic, non-irritating and non-sensitising. Like many other essential oils it is toxic by ingestion. Because of its prevalence in Australian households it has been scheduled as a class 5 poison in this country. Low dilution when using with babies and children can be sensitive to the skin.

History:

Almost all eucalyptus is indigenous to Australia and large forest areas in other Countries have been propagated by their seeds. The genus eucalyptus was named from the Greek words eukalipto meaning well covered which refer to the cup like protection afforded the young flowers.

It has been used by Aborigines for millennia, smoking the leaves for respiratory conditions and using infusions against feverish conditions, aching joints and dysentery. In the 1870's German botanist Baron Ferdinand von Muller began to study and marvel at its properties. The oil was in great demand during WW1 when it was used to help control a meningitis outbreak and the deadly influenza epidemic of 1919.

Therapeutic Actions:

Analgesic, anti-bacterial, anti-inflammatory, cicatrisant, digestive, febrifuge, nervine, restorative.

Enhances:

Mental clarity, spontaneity, concentration, vitality, emotional balance, healing.

Reduces:

Confusion, confrontational attitudes, irrationality, anger, boredom, despair, lethargy, respiratory problems, fevers, headaches, bad odours.

Uses:

Respiratory system: Sinus congestion, colds, catarrh, bronchitis, asthma

Nervous system: Headaches, neuralgia, debility, weakness, shingles

Integumentary system: Acne, cold sores, insect bites

Skin: Burns, cuts, wounds, infections, insect repellent

Musculoskeletal system: Backache, bursitis, muscular aches and pains, sciatica

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporizers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Blends well with:

Basil, Cajeput, Cedarwood, Frankincense, Ginger, Juniper, Lavender, Lemon, Lemongrass, Marjoram Sweet, Peppermint, Pine, Rosemary, Tea Tree and Thyme Red.

Chest rub for Catarrh		Sinus Steam Inhalation		Headaches - Congestive	
Eucalyptus	3	Eucalyptus	1	Eucalyptus	1
Cedarwood	4	Cedarwood	2	Lavender	3
Frankincense	3	Lemon	1	Peppermint	1
Total drops	10	Total drops	4	Total drops	5
Carrier oil	20 ml	Hot Water in basin	1Lt	Carrier Oil	10 ml