



Guide to Australian Essential Oils

by
Salvatore Battaglia



Guide to Australian Essential Oils

By Salvatore Battaglia

The Guide to Australian Essential oils is concerned with the use of essential oils for a wide range of health problems. Illness, however, can be highly unpredictable and the best possible expertise should always be consulted. The author and publisher accept no liability for any claims arising from the use of any remedy discussed.

If in doubt about using the essential oils, please consult a qualified aromatherapist. It must be stressed that a holistic approach to aromatherapy incorporates a healthy diet, lifestyle and general attitude towards life.

Salvatore Battaglia © 2020

Cover image taken by Carolyn Stubbin at Minjerribah, 2019.

Published by Black Pepper Creative

7 Guardhouse Road

Banyo 4014

Queensland, Australia

www.salvatorebattaglia.com.au

No part of this booklet may be reproduced by any mechanical, photographic, or electronic process, or otherwise copied for public or private use, other than for *fair use*, without written permission of the author.

Contents

Introduction	4
Aniseed Myrtle.....	4
Balm Mint.....	5
Blue Cypress.....	6
Buddha Wood	7
Eucalyptus, 1,8-Cineole Rich	8
Eucalyptus, Broad-Leaved Peppermint	9
Eucalyptus, Lemon Scented	10
Fragonia	12
Honey Myrtle	13
Kunzea	14
Lemon Scented Iron Bark.....	16
Lemon Myrtle	17
Rosalina	18
Sandalwood, Australian	19
Tea Tree	20
Tea Tree, Lemon Scented.....	21
White Cypress Leaf.....	22
References and Bibliography	24

Introduction

Australia is well known for the diversity and uniqueness of its animal and plant life. Its geographical separation from the rest of the world has resulted in the development of many interesting and distinctive plants and animals.

In many cases, the plants from which essential oils are extracted have been part of traditional aboriginal pharmacopoeia for thousands of years.

Many of us are familiar with eucalyptus and tea tree. These oils are well known for their antiseptic, antimicrobial and antiviral properties. These plants are extensively cultivated for their essential oils; however, the majority of Australia's native flora has never been cultivated for commercial use.

I am very proud to share with you a range of unique essential oils from Australia. These Australian native essential oils have a diverse range of therapeutic properties.

Aniseed Myrtle

Botanical name

Syzygium anisatum

Extraction

Aniseed myrtle oil is extracted by steam-distillation from the leaves of *S. anisatum*.

Origins

Aniseed myrtle is a rare tree that grows in sub-tropical rainforest of northern New South Wales.

Characteristics

Aniseed myrtle oil has a distinctive sweet spicy, aniseed-like aroma.

Chemical composition

Aniseed myrtle essential oil is rich in anethole and methyl chavicol.

Aromatherapy uses

Anethole and methyl chavicol are well known for their antispasmodic, analgesic, anti-infectious and expectorant properties. Aniseed myrtle is beneficial for colds and flu, bronchitis, muscular aches and pains, and for indigestion. It has similar properties to aniseed, fennel and basil essential oils.

The scent of aniseed myrtle oil will help reawaken your imagination and bring your vision into manifestation to enable you to move forward in life.

Blending

Consider blending aniseed myrtle oil with Atlas cedarwood, basil, cajeput, clove, any of the eucalyptus oils, fragonia, frankincense, ginger, lavender, lemon, sweet marjoram, sweet orange, mandarin, peppermint, pine, rosemary and tea tree.

How to use

Massage, vaporiser

Safety

Aniseed myrtle should not be used during pregnancy, breastfeeding, endometriosis, oestrogen-dependent cancers and children under 5 years of age.

Balm Mint

Botanical name

Prostanthera melissifolia

Extraction

Balm mint essential oil is extracted by steam-distillation from the flowering tops and leaves of *P. melissifolia*.

Origins

It is also known as Australian Balm Mint Bush. It is a native of Victoria where the species grows in mountain forests.

Characteristics

Balm mint oil has a minty, camphoraceous and herbaceous aroma.

Chemical composition

Balm mint essential oil is rich in piperitone and 1,8 cineole.

Aromatherapy uses

Balm mint oil may be used externally for the treatment of colds and headaches. Its fresh scent is reminiscent of the Australian bush. It is energising and uplifting.

Blending

Consider blending balm mint oil with essential oils such as citronella, any of the eucalyptus oils, fragonia, kunzea,

geranium, lavender, lemon, lemongrass, lemon myrtle, peppermint, rosemary, tea tree and lemon scented tea tree.

How to use

Massage, vaporiser

Safety

Balm mint oil is non-toxic and a non-irritant; however, it may be a mild sensitiser.

Blue Cypress

Botanical name

Callistris intratropica

Extraction

Blue cypress essential oil is steam-distilled from the wood and bark of *C. intratropica*.

Origins

Also known as the Northern cypress pine, *C. intratropica* belongs to the family of Australian cypress pines also known as the 'southern conifers'. These trees dominated much of the landscape before flowering plants evolved. It is a native of Northern Territory.

Characteristics

Blue cypress oil has a deep, cobalt blue colour with a rich, resinous, woody and smoky aroma.

Chemical composition

Blue cypress essential oil is rich in many interesting sesquiterpenes such as guaiazulene, guaiol and bulnesol.

Aromatherapy uses

Blue cypress oil has been used for its wound healing and antibacterial properties. It has analgesic properties that are beneficial for pain relief and wound healing in burns. The oil is also reported to have antiviral activity, being particularly effective against common warts, herpes zoster and herpes simplex. The scent is beneficial for grounding people who are feeling emotional distraught.

Blending

Consider blending blue cypress oil with essential oils such as German chamomile, everlasting, fragonia, kunzea, geranium, lavender, lemon, neroli, peppermint, rosemary, sandalwood and tea tree.

How to use

Bath, massage, vaporiser

Safety

Blue cypress oil is non-irritant and non-sensitising. Contraindicated during pregnancy and lactation.

Buddha Wood

Botanical name

Eremophila mitchellii

Extraction

Buddha wood oil is extracted by steam-distillation from the wood of *E. mitchellii*.

Origins

Buddha wood tree grows in arid areas of New South Wales, Queensland and South Australia.

Characteristics

Buddha wood is a dark, viscous coloured oil with a fresh incense top note and a woody aroma, similar to sandalwood with a smoky, leathery back note.

Chemical composition

Buddha wood essential oil is rich in the sesquiterpene ketones known as eremophilones.

Aromatherapy uses

Buddha wood oil can be used to relieve muscular aches and pains due to its anti-inflammatory properties. It is also reputed to have analgesic effect.

Blending

Consider blending buddha wood oil with essential oils such as Atlas cedarwood, German chamomile, everlasting, frankincense, fragonia, ginger, kunzea, lavender, lemon,

patchouli, peppermint, rosemary, sandalwood, tea tree and vetiver. The scent is comforting and grounding and is ideal to diffuse in preparation for meditation or mindfulness practice.

How to use

Bath, massage, vaporiser

Safety

Buddha wood oil is non-toxic, non-irritant and non-sensitising.

Eucalyptus – 1,8-Cineole Rich

Botanical Name

There are more than 700 species of Eucalyptus. The species most commonly used for their 1,8-cineole content are:

Eucalyptus, Australian – *Eucalyptus radiata*

Eucalyptus, Blue Mallee – *Eucalyptus polybractea*

Eucalyptus, Blue Gum – *Eucalyptus globulus*

Eucalyptus, Gully Gum – *Eucalyptus smithii*

Extraction

The 1,8-cineole rich eucalyptus oils are steam-distilled from the fresh or partially dried leaves of the eucalypt trees.

Origins

All eucalyptus trees are indigenous to Australia, where they make up about 75% of all Australian tree flora.

Characteristics

The 1,8-cineole rich eucalyptus oils have a strong sweet camphoraceous and fresh odour.

Chemical composition

The essential oil is rich in 1,8-cineole. The 1,8-cineole content can be as high as 92%.

Aromatherapy uses

The 1,8-cineole rich eucalyptus oils have excellent analgesic, antiseptic, anti-viral and expectorant properties. They may be used in a massage oil for the temporary relief of headache, arthritis, rheumatism and muscular aches and pain.

They are excellent for the temporary relief of respiratory problems such as coughs and colds, flu, sinusitis and mucous congestion.

The fresh scent of 1,8-cineole rich eucalyptus oils is energising, balancing and purifying. It will help to revive your spirits and dispel feelings of melancholy.

Blending

Consider blending the 1,8-cineole rich eucalyptus with essential oils such as basil, citronella, clove, any of the other eucalyptus oils, fragonia, frankincense, kunzea, geranium, ginger, lavender, lemon, lemongrass, lemon myrtle, sweet marjoram, peppermint, pine, rosemary, spruce, thyme and tea tree.

How to use

Bath, massage, vaporiser

Safety

The 1,8-cineole rich eucalyptus oils are non-toxic, non-irritant and non-sensitising. Eucalyptus oil should not be applied to the face, especially the nose of infants and young children.

Eucalyptus, Broad-Leaved Peppermint

Botanical name

Eucalyptus dives

Extraction

Broad-leaved peppermint eucalyptus oil is steam-distilled from the freshly cut leaves of *E. dives*.

Origins

It is also called peppermint eucalyptus. It occurs in a wide range of habitats from foothills of the main ranges in southern New South Wales.

Characteristics

Broad-leaved peppermint eucalyptus oil has a fresh spicy-minty and slightly camphoraceous odour.

Chemical composition

Eucalyptus dives essential oil is rich in piperitone and small amounts of constituents such as α -phellandrene, 1,8-cineole, p-cymene, terpinolene, terpinen-4-ol and viridiflorol.

Aromatherapy uses

Broad-leaved peppermint eucalyptus has excellent analgesic, antiseptic, expectorant and mucolytic properties. It is recommended

for the treatment of muscular aches and pains, rheumatism and headaches. It is highly recommended for bronchitis, catarrhal conditions and coughs. Its invigorating scent makes it beneficial in times of exhaustion.

Blending

Consider blending broad-leaved peppermint eucalyptus oil with essential oils such as aniseed myrtle, all other eucalyptus oils, fragonia, kunzea, lavender, lemon, lemon myrtle, pine, peppermint, rosalina, rosemary, tea tree and lemon scented tea tree.

How to use

Massage, vaporiser

Safety

Broad leaved peppermint eucalyptus oil is non-toxic, non-irritant and non-sensitising.

Eucalyptus, Lemon Scented

Botanical name

Corymbia citriodora / *Eucalyptus citriodora*.

Extraction

Lemon scented eucalyptus oil is steam distilled from the freshly cut leaves of *E. citriodora*.

Origins

Its native habitat is the coastal regions of Queensland. It is also called lemon-scented gum.

Characteristics

Lemon scented eucalyptus oil has a strong and very fresh, citrus odour.

Chemical composition

Lemon scented eucalyptus oil is rich in citronellal. Other constituents include citronellol and isopulegol.

Aromatherapy uses

Lemon scented eucalyptus is rich in aldehydes. Essential oils with high aldehyde content have excellent antiseptic and antifungal properties. It is also known to have excellent insect repellent properties.

It will make an excellent air purifier when used as a vaporiser. The aroma of lemon scented eucalyptus is fresh, alive and full of vitality. It creates a sense of freedom and excitement.

Blending

Lemon scented eucalyptus oil has an intense citrus aroma. It should be used sparingly within any blend.

Lemon scented eucalyptus oil blends well with citronella, any of the other eucalyptus oils, fragonia, frankincense, kunzea, lavender, lemon, lemongrass, lemon myrtle, sweet marjoram, sweet orange, peppermint, petitgrain, pine, rosemary, tea tree and lemon scented tea tree.

How to use

Massage, vaporiser

Safety

Lemon scented eucalyptus is non-toxic, non-irritant and non-sensitising. However essential oils rich in aldehydes may cause sensitisation reactions if used undiluted.



Fragonia

Botanical name

Agonis fragrans

Extraction

Fragonia oil is steam-distilled from the terminal branches and leaves of *A. fragrans*.

Origins

Fragonia is a small shrub that grows in Western Australia. It is also referred to as “course tea tree”.

Characteristics

The scent of fragonia is described as a delicate woody and refreshing. Its unique chemical composition accounts for this interesting odour profile.

Chemical composition

Fragonia oil has a unique blend of monoterpene alcohols, monoterpene hydrocarbons and oxides. The main constituents found in fragonia essential oil include α -pinene, 1,8-cineole, linalool, terpineol, α -terpineol, myrtenol, terpinen-4-ol and p-cymene.

Aromatherapy uses

Fragonia oil is a good antimicrobial oil. It is very gentle on the skin and can be used at very high concentrations or neat for the treatment of a range of topical infections such as tinea, and viral infections such as herpes.

It has gentle expectorant properties and it appears to boost the immune system. It ideal to use when blended with eucalyptus for colds and flu.

It has excellent analgesic and anti-inflammatory properties. Use in a massage oil for the relief of minor muscular and joint pain.

The scent of fragonia is said to induce a profound feeling of calm and tranquillity. Fragonia gently helps to remove emotional scars to heal lingering emotional hurt and unresolved emotional issues.

Blending

Consider blending fragonia oil with essential oils such as bergamot, black pepper, German and Roman chamomile, clary sage, all the eucalyptus oils, frankincense, geranium, kunzea, lavender, lemon, manuka, neroli, sweet orange, palmarosa,

rosemary, rose otto, sandalwood, tea tree and lemon scented tea tree.

How to use

Bath, massage, vaporiser

Safety

Fragonia oil is considered non-toxic, non-irritant and non-sensitising.

Honey Myrtle

Botanical Name

Melaleuca teretifolia

Extraction

Honey myrtle oil is steam-distilled from the leaves and terminal branches of *M. teretifolia*.

Origins

Honey myrtle is native to south-western Australia.

Characteristics

Honey myrtle essential oil has a delicate and sweet herbaceous lemon-like aroma.

Chemical composition

Honey myrtle oil is rich in aldehydes – neral and geranial. Other constituents include myrcene, 1,8-cineole, nerol, geraniol, neryl acetate and geranyl acetate.

Aromatherapy uses

Honey myrtle oil has antimicrobial activity. It may also be beneficial in a massage oil for the relief of minor muscular and joint pain.

The delicate, sweet-citrus aroma of honey myrtle is uplifting and may be useful in a diffuser to help focus and clear the mind.

Blending

Consider blending honey myrtle oil with essential oils such as bergamot, black pepper, German and Roman chamomile, clary sage, all the eucalyptus oils, frankincense, geranium, kunzea, lavender, lemon, manuka, neroli, sweet orange, palmarosa, rosemary, rose otto, sandalwood, tea tree and lemon scented tea tree.

How to use

Bath, massage, vaporiser

Safety

Honey myrtle oil is non-toxic, non-irritant and non-sensitising. However essential oils rich in aldehydes may cause sensitisation reactions if used undiluted.

Kunzea

Botanical name

Kunzea ambigua

Extraction

Kunzea oil is steam-distilled from the leaves and terminal branches of *K. ambigua*.

Origins

It is found in the north east region of Tasmania and the south east mainland of Australia. It is commonly referred to as “tick bush”.

Characteristics

Kunzea oil has a pleasant, fresh and slightly spicy aroma.

Chemical composition

Kunzea oil has a unique composition, with a high content of important sesquiterpene compounds. The major chemical components found in Kunzea are α -pinene, 1,8-cineole, globulol, viridiflorol, biocyclogermacrene and α -terpineol.

Aromatherapy uses

Kunzea oil is recommended for the temporary relief of the pain of arthritis, relief of the symptoms of influenza, relief of muscular aches and pains and helps relieve nervous tension, stress and mild anxiety.

The oil has also been found to be beneficial to ease the pain from insect bites, minor burns, recurring shingles and headaches. It is recommended for the treatment of arthritis, muscular pain and soft tissue injuries.

Kunzea oil has been found to be excellent for treating physical and mental exhaustion.

Blending

Consider blending kunzea oil with bergamot, balm mint, black pepper, all of the eucalyptus oils, fragonia, frankincense, geranium, lavender, lemon, lemon myrtle, neroli, pine, sweet orange, rosemary, tea tree and Australian sandalwood.

How to use

Bath, massage, vaporiser

Safety

Kunzea is non-toxic and a non-irritant.



Lemon Scented Iron Bark

Botanical name

Eucalyptus staigeriana

Extraction

Lemon scented iron bark oil is steam-distilled from the leaves of *E. staigeriana*.

Origins

It grows in subhumid regions of North Queensland.

Characteristics

Lemon scented iron bark oil has a sweet, fresh, fruity-lemony aroma.

Chemical composition

Lemon scented ironbark essential oil is rich in geranial, neral, limonene, methyl geranate and geranyl acetate.

Aromatherapy uses

Lemon scented iron bark oil has traditionally been used for perfumery purpose because of its delicate, citrus scent. It has strong antimicrobial activities. Consider using it in a vaporiser to purify the air. It is a soothing and calming oil.

Blending

Consider blending lemon scented iron bark oil blends well with bergamot, balm mint, all of the eucalyptus oils, fragonia, frankincense, geranium, kunzea, lavender, lemon, lemon myrtle, mandarin, neroli, sweet orange, petitgrain, rosemary, sandalwood and tea tree.

How to use

Massage, vaporiser

Safety

Lemon scented iron bark oil is non-toxic, non-irritant and non-sensitising. However, essential oils rich in aldehydes may cause sensitisation reactions if used undiluted.

Lemon Myrtle

Botanical name

Backhousia citriodora

Extraction

Lemon myrtle is steam-distilled from the leaves of *B. citriodora*.

Origins

Lemon myrtle is an evergreen tree native to southern Queensland.

Characteristics

Lemon myrtle oil has an intensely fresh lemon-like odour with a sweet undertone.

Chemical composition

Lemon myrtle essential oil is rich in aldehydes such as neral and geranial.

Aromatherapy uses

The scent of lemon myrtle is intensely refreshing and invigorating. It is recommended for improving concentration as well as being relaxing and emotionally uplifting. Lemon myrtle has very strong antimicrobial activity. It is beneficial for influenza, bronchitis and herpes simplex.

Blending

Consider blending lemon myrtle essential oil with bergamot, balm mint, all of the eucalyptus oils, fragonia, frankincense, geranium, kunzea, lavender, lemon, mandarin, neroli, sweet orange, rosemary, tea tree and Australian sandalwood.

Use sparingly as its intense, lemony-scent can overpower the blend.

How to use

Massage, vaporiser

Safety

Lemon myrtle is considered to be non-toxic. However, as it has a high citral content, it may be a dermal irritant and dermal sensitiser.

Rosalina

Botanical name

Melaleuca ericifolia

Extraction

Rosalina oil is steam-distilled from the leaves and twigs of *M. ericifolia*.

Origins

Rosalina is an evergreen paperbark scrub native to northern Tasmania, southern Victoria and along the east coast of New South Wales and Queensland.

Characteristics

Rosalina has a soft, medicated aroma with a light, floral back note.

Chemical composition

It is similar to tea tree except the major constituent is linalool, not terpinen-4-ol. Other constituents found in rosalina oil include terpin-4-ol, 1,8-cineole, p-cymene, α -pinene, α -terpineol, aromadendrene, limonene and viridifloral.

Aromatherapy uses

Rosalina oil is well known for its excellent antimicrobial, antibacterial and antiviral properties.

It can be used as an inhalation for the temporary relief of respiratory problems such as coughs and colds, flu, sinusitis and mucous congestion.

Rosalina also provides temporary relief from the symptoms of eczema, cold sores, and rashes. It will assist and promote the healing of wounds and minor cuts and soothes insect bites.

Blending

Rosalina oil will blend well with bergamot, all the eucalyptus oils, fragonia, hinoki leaf and wood, kunzea, lavender, lemon, lemon myrtle, lemon scented tea tree, lemongrass, sweet orange, peppermint, pine, rosemary, rose otto, black spruce, sandalwood, thyme.

How to use

Bath, massage, vaporiser

Safety

Rosalina oil is non-toxic, non-irritant and non-sensitising.

Sandalwood, Australian

Botanical name

Santalum spicatum

Extraction

Australian sandalwood is distilled from the powdered wood chips from the heartwood of *S. spicatum*.

Origins

It grows in the drier inland regions of Western Australia.

Characteristics

Australian sandalwood oil is a pale yellow to yellow, viscous liquid with a soft, sweet-woody and extremely tenacious odour. The top note is distinctly different from that of *Santalum album*. It has a rather dry-bitter, slightly resinous note similar to myrrh, although not as pronounced.

Chemical composition

Santalum spicatum essential oil is rich in sesquiterpenes such as santalene, α -santalol, α -bisabolol, z-alpha(trans) bergamatol, epi β santalol, β -santalol, nuciferol, farnesol.

Aromatherapy uses

Australian sandalwood helps to relieve nervous tension, stress and mild anxiety. The woody scent of sandalwood creates serenity and instils inner calm. It may be used for meditation. Australian sandalwood has excellent anti-inflammatory and antiseptic properties. It may be used for the relief of acne, dermatitis, eczema and dry skin.

Blending

Consider blending Australian sandalwood oil with essential oils such as Atlas cedarwood, bergamot, buddha wood, German chamomile, everlasting, fragonia, frankincense, geranium, kunzea, lavender, lemon, neroli, patchouli, rose otto, blue tansy, vetiver and ylang ylang.

How to use

Bath, massage, vaporiser

Safety

Australian sandalwood is considered to be non-toxic, non-irritant and non-sensitising.

Tea Tree

Botanical name

Melaleuca alternifolia

Extraction

Tea tree oil is water-or steam-distilled from *M. alternifolia*.

Origins

Tea tree is confined to the warmer, east coast of Australia. It naturally prefers swampy areas, drainage lines and river banks. Almost all tea tree oil available nowadays is from commercial plantations.

Characteristics

Tea tree oil has a warm spicy, aromatic odour.

Chemical composition

The main constituents found in tea tree essential oil include α -terpinene, 1,8-cineole, β -terpinene, p-cymene, terpinolene, linalool, terpinen-4-ol and α -terpineol.

Aromatherapy uses

Tea tree oil is well known for its excellent antimicrobial, antibacterial and antiviral properties. It can be used as an inhalation for the temporary relief of respiratory problems such as coughs and colds, flu, sinusitis and mucous congestion.

Tea tree also provides temporary relief from the symptoms of eczema, cold sores, and rashes. It will assist and promote the healing of wounds and minor cuts and soothes insect bites.

Blending

Consider blending tea tree oil with essential oils such as bergamot, all the eucalyptus oils, fragonia, kunzea, lavender, lemon, lemon myrtle, manuka, melissa, lemon scented tea tree, lavender, lemongrass, nerolina, sweet orange, palmarosa, peppermint, pine, rosalina, rosemary, rose otto, sandalwood, thyme.

How to use

Bath, massage, vaporiser

Safety

Tea tree oil is non-toxic, non-irritant and possibly sensitising to some individuals.

Tea Tree, Lemon Scented

Botanical name

Leptospermum petersonii

Extraction

Lemon scented tea tree oil is produced by the steam-distillation of the leaves and terminal branches of *L. petersonii*.

Origins

Also known as citratum oil, lemon scented tea tree is an evergreen shrub native to southern Queensland and northern New South Wales.

Characteristics

The essential oil has a powerful fresh, citrus-like and camphoraceous odour. Because of its high citral content, it is compared to melissa, may chang and lemongrass.

Chemical composition

The main constituents found in lemon scented tea tree essential oil are the aldehydes - geranial, neral and citronellal. It also contains small amounts of geraniol, linalool, α -pinene and β -pinene.

Aromatherapy uses

Lemon scented tea tree has excellent antimicrobial properties that will provide good protection against colds and flu. When it is diffused into the atmosphere it may also relieve sinusitis and head colds. It is an excellent antiseptic – destroying airborne moulds and bacteria.

It can also be used to aid concentration. In low concentrations, it is calming and sedating and is recommended for insomnia, depression and other stress related conditions.

When it is blended with *Melaleuca alternifolia* and the eucalyptus oils, it makes an excellent insect repellent.

Blending

The oil should be used sparingly as it has such an intense, vibrant aroma. Consider blending lemon scented tea tree oil with bergamot, citronella, all the eucalyptus oils, fragonia, kunzea, lavender, lemon, manuka, lemon myrtle, sweet orange, peppermint, sandalwood and tea tree oil.

How to use

Massage, vaporiser

Safety

Lemon scented tea tree suggests it is considered non-toxic, non-irritant and non-sensitising. However, essential oils rich in aldehydes may cause sensitisation reactions if used undiluted.

White Cypress Leaf

Botanical Name

Callitris glaucophylla

Extraction

White cypress leaf essential oil is steam-distilled from the leaves and twigs of *C. glaucophylla*.

Origins

There are approximately 16 species of cypress pines in Australia, 14 of which are native.

Characteristics

White cypress leaf essential oil has a very fresh, fragrant pine-like aroma.

Chemical composition

The major constituents found in white cypress leaf essential oil include α -pinene, limonene, bornyl acetate and β -caryophyllene.

Aromatherapy uses

White cypress essential oil is a relatively new essential oil to aromatherapy. Based on the chemistry of the essential oils, it has similar properties to that of cypress or pine. It is rich in both monoterpene hydrocarbons and esters, so it is beneficial for the relief of colds and flu, especially when there is congestion of the lungs and cough. It may also alleviate muscular aches and pains.

The scent of white cypress leaf oil is uplifting. It is recommended whenever we feel mental fatigue, or suffer burnout, apathy and low self-confidence.

Blending

Consider blending white cypress oil with essential oils such as basil, black pepper, any of the eucalyptus oils, cajeput, fragonia, ginger, kunzea, lavender, lemon, peppermint, pine, black spruce, rosemary or tea tree.

How to use

Bath, massage, vaporiser

Safety

White cypress oil is non-toxic, non-irritant and non-sensitising.



References and Bibliography

Battaglia S. *The complete guide to aromatherapy – Volume 1: foundations and materia medica*. 3rd ed, Black Pepper Creative, Brisbane, 2018.

Boland DJ, Brophy JJ, House APN, *Eucalyptus leaf oils: Use, Chemistry, Distillation and Marketing*. Inkata Press, Melbourne, 1991.

Coppen J, *Eucalyptus: The genus eucalyptus*. Taylor & Francis, London, 2002.

Lassak EV, McCarthy T, *Australian medicinal plants*. Methuen Australia, North Ryde 1983.

Lawless J, *The encyclopedia of essential oils*. Element Book Limited, Shaftesbury, 1992.

Tisserand R, Young R. *Essential oil safety*. 2nd Edn, Churchill Livingstone, Edinburgh, 2014.

Webb M, *Bush sense*. Self-published, Adelaide, 2000.

Weiss EA. *Essential oil crops*. CAB International, Wallingford, 1997.

Williams C. *Medicinal plants in Australia – Volume 2: Gums, resins, tannin and essential oils*. Rosenberg, Dural, 2011.

Zeck R. *The blossoming heart – aromatherapy for healing and transformation*. Aroma Tours, Ballarat North, 2018.

