



## Ice E Oil Essential Oil Data Sheet

### Eucalyptus Ice E Oil Pure Essential Oil

**Common Name:** Eucalyptus

**Latin Name:** *Eucalyptus globulus*

**Other names:** Tasmanian blue gum, Blue gum

**Family:** Myrtaceae

**Source:** This oil is sourced from fresh or partly dried leaves and twigs.

**Description:** Eucalyptus is a tall evergreen tree, one of the most widely cultivated trees native to Australia. The bark sheds often, peeling in large strips. It has a fresh and earthy aroma.

**Extraction Method:** Steam distillation is a separation process for temperature-sensitive materials like natural aromatic compounds. Water vapor carries small amounts of the vaporized compounds to a condensation flask, where the condensed liquids separate, allowing for easy collection. This process effectively allows for distillation at lower temperatures, reducing deterioration of the compounds and creating a higher-quality product.

**Country of origin:** China

**History:** Eucalyptus was introduced to California in the mid-19th century, partly in response to the Southern Pacific Railroad's need for timber to make railroad ties, and is prominent in many parks in San Francisco and throughout the state. The leaves are steam distilled to extract eucalyptus oil. *E. globulus* is the primary source of global eucalyptus oil production, with China being the largest commercial producer.

**Constituents:** Cineol, pinene, limonene, cymene, phellandrene, terpinene, aromadendrene, and others.

**Types of Use:** aromatic, home use, topical when well diluted, as a supplement only with advice from a trained professional

**Uses:** Traditionally, Eucalyptus species have been used traditionally for supporting a healthy respiratory system and to soothe muscles after exercise. The Australian Aborigines used the leaves for soothing physical and emotional discomfort. Eucalyptus has been used to clear congestion from the head and breathing passages. It has been used for cooling, stimulating the nervous system, energizing, improving mental clarity, relieving pain, as a disinfectant, and to repel insects.

**Dilution Guidelines:** For aromatic use, add 5-10 drops of oil per one cup of water. If using topically, dilute well with carrier oil. For household/environmental purposes dilution varies based on intended purpose. Take internally only with advice from a trained professional.

**Warnings:** Eucalyptus oil is likely unsafe when it is taken by mouth without first being diluted and can be fatal. Signs of eucalyptus poisoning might include stomach pain and burning, dizziness, muscle weakness, small eye pupils, feelings of suffocation, and some others. Eucalyptus oil can also cause nausea, vomiting, and diarrhea. Eucalyptus is unsafe for pregnant and breastfeeding women or for children. Eucalyptus oil may be unsafe when applied directly to the skin without first being diluted. There is concern that using eucalyptus while taking medications for diabetes might lower blood sugar too much. Since eucalyptus might affect blood sugar levels, there is concern that it might make blood sugar control difficult during and after surgery. Stop using eucalyptus at least two weeks before a scheduled surgery. Eucalyptus interacts with other medications. Talk to your doctor to be sure your medications won't interact with this oil. Do not use if you have an epileptic condition.

**Shelf Life and Storage Recommendations:** Store oils in a cool, dark place and avoid extreme changes in temperature to ensure the longest life for your collection. You can expect this oil to remain in good condition for four years and even longer when cared for properly. Decant large bottles into smaller bottles to protect one bottle from oxidization for longer periods. Due to their chemical makeup, essential oils do not turn rancid like vegetable oils; they degrade gradually into a state where the therapeutic properties become diminished.

NOT intended to diagnose, treat, cure, and/or prevent any disease or medical disorder. For educational purposes only. NOT intended for internal use. If considering oral consumption seek out the advice of a qualified medical doctor and/or expert, certified aroma therapist. As with all natural supplements it is advised that you inform your medical doctor of the use of this and all essential oils. If going to apply directly to the skin (topical use) it is advised that you perform a small skin patch test to check for sensitivities and refer to suggested dilution guidelines using a carrier oil (ex: fractionated coconut oil, almond oil, jojoba oil, grape seed oil). Keep away from children and pets. This information has NOT been evaluated by Health Canada.

*Ice N Fire is dedicated to sourcing 100% pure and natural oils free of pesticides, synthetic fertilizers and herbicide residue.*