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Eucalyptus Oil



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Introduction

What is Eucalyptus Oil?

Eucalyptus oil has a long history of medicinal and natural remedy use, and because of this, everyone is aware of its healing and beneficial properties. It works well as a natural pharmaceutical product, an antiseptic, a pest repellent, and an aromatic antibacterial disinfectant.

The eucalyptus tree – also known as Tasmanian Blue Gum – is an evergreen tree native to Australia, and is often thought of as the main food source for koala bears. While it provides amazing nutritional support for wildlife, the magic behind eucalyptus is in the essential oil extracted from the plant's leaves.

According to English folklore, an early English settler had his thumb nearly severed by an ax. His father, who was well versed in Aboriginal folk medicine, advised that he apply a bandage of tightly bound eucalyptus leaves around the cut after it was sutured. The Aborigines used eucalyptus or 'kino' as they referred to it, to heal most wounds they encountered. Later, when the surgeon saw the thumb wound, he remarked how amazed he was at the quick healing of the thumb without a trace of infection.

Reports like this spread throughout Australia, and pharmacists like Joseph Bosisto began tinkering with the idea of commercially producing eucalyptus oil in 1852. Soon thereafter, the leaves of *Eucalyptus Radiata* were first distilled near Melbourne.

Australian aboriginals used oil-containing eucalyptus leaf infusions as a traditional remedy for body pains, fever, sinuses, congestions, and colds. Additionally, as early as the 1880s, surgeons were already using eucalyptus oil as an antiseptic during operations. Towards the end of the century, the oil was used in most hospitals in England to clean urinary catheters. Furthermore, in 1948, the United States officially registered eucalyptus oil as an insecticide and miticide – one that kills mites and ticks.

Eucalyptus oil is now known for its superb decongestant, stimulating, antiseptic, medicinal, anti-inflammatory, and other cleansing properties. This oil is colorless in appearance, but has a very distinct scent and taste. Due to its healing properties, it is commonly used today as an ingredient in cough drops, vaporizers, toothpastes, and



mouthwash.

Common Types of Eucalyptus Oil

1. Eucalyptus Polybractea - This is commonly known as "Blue Mallee," a small mallee type tree. This crude or single distilled type oil is high in cineole (a colorless, liquid terpene ether with a camphor-like odor) and is found in essential oils. This form of eucalyptus' cineole content is usually between 80 and 88 percent.

2. Eucalyptus Globulus - This type of eucalyptus has received the most attention from botanists and chemists, and its oil is the best known and most used of all eucalyptus types. Its cineole content is between 60 and 70 percent. (Eucalyptus Globulus is also what Eve Hansen's eucalyptus essential oil is made with!)

3. Eucalyptus Radiata - Commonly known as the "narrow-leaved peppermint", this is a medium-sized tree with fibrous bark. The crude oil has a cineole content of 65 to 70 percent and has a very refreshing aroma.

4. Eucalyptus Citriodora - Referred to as the "lemon-scented gum," this large tree has gone through many name changes and is now called Corymbia. The principal constituent of the oil is citronellal, and the oil is used for industrial and perfume purposes.

Uses of Eucalyptus Oil

There are three different ways to use eucalyptus oil, including aromatically, topically, or internally. It is highly suggested that one dilutes eucalyptus oil for every use other than aromatherapy.

According to Medlineplus, the diluted form of Eucalyptus oil is taken orally for pain and inflammation of respiratory tract mucous membranes, coughs, asthma, bronchitis, respiratory infections, and sinus pain. Topically, eucalyptus is also used as an antiseptic to treat wounds, burns, and ulcers. When using the essential oil topically, apply it with a carrier oil such as coconut oil.

Eucalyptus oil may help soothe your mucus membranes - for allergies and asthma - by soaking a cotton ball in the oil and sniffing it several times a day. Eucalyptus can also be



used with steam therapy by adding a few drops.

Health Benefits of Eucalyptus Oil

The health benefits of eucalyptus oil are well-known and wide-ranging.

Some of the health benefits of eucalyptus oil include the following:

1. Skin Ailments – Eucalyptus essential oil has antiseptic qualities because of its germicidal quality. Upon its exposure to air, ozone is formed which is a well-researched antiseptic. Therefore, eucalyptus oil is used for healing wounds, ulcers, burns, cuts, abrasions, and sores. It is also an effective salve for insect bites and stings. Furthermore, besides soothing the affected area, it also protects the open wound or irritated area from developing infections from microbial activity and exposure to the air.
2. Respiratory Problems – Eucalyptus essential oils is effective for treating a number of respiratory problems including cold, cough, runny nose, sore throat, asthma, nasal congestion, bronchitis and sinusitis. Eucalyptus oil is antibacterial, antifungal, antimicrobial, antiviral, anti-inflammatory, and decongestant in nature - which makes it a good ingredient in many medicines that treat respiratory problems.
3. Asthma – Asthma is a condition that affects millions of people around the world, and there are many known treatments for the condition. One of these treatments is the use of eucalyptus essential oil. Simply massage 1-3 drops onto the chest and the soothing effect of the aroma and vapors will calm the throat and dilate the blood vessels, which will allow more oxygen to the lungs and normal breathing can be achieved. The anti-inflammatory properties of eucalyptus essential oil also come into play in using it for asthmatic symptom relief.
4. Mental Exhaustion – One very important reason why many use this oil is because of its ability to address mental exhaustion through creating a cooling and refreshing effect. As a stimulant, it helps eradicate sluggishness and rejuvenates the spirit. It can also be effective in the treatment of stress and anxiety. Apart from battling mental exhaustion, this essential oil is commonly used for stimulating mental activity and increasing blood flow to the brain. Since the essential oil is considered a vasodilator



by many, it means that it increases the blood flow around the body by relaxing the blood vessels and allowing more blood to circulate.

5. Muscle Pain – If you are experiencing joint and muscle pain, massaging eucalyptus oil on the surface of the skin helps to relieve muscle stress and tension. The volatile eucalyptus oil is analgesic and anti-inflammatory in nature. Therefore, it is often recommended to patients suffering from rheumatism, lumbago, sprained ligaments and tendons, stiff muscles, aches fibrosis, and even nerve pain. The oil should be massaged in a circular motion on the affected areas of the body.
6. Dental Care – Eucalyptus essential oil is very effective against cavities, dental plaque, gingivitis, and other dental infections. Its germicidal properties are why eucalyptus essential oil is so commonly found as an active ingredient in mouthwash, toothpaste, and other dental hygiene products.
7. Lice Treatment – Due to its well-known qualities as a bug repellent and natural pesticide, it is frequently used as a natural treatment for lice. Some of the mainstream lice treatments can be very severe and damaging to the hair as well as packed with dangerous chemicals that you do not want being absorbed into your skin. Combing a few drops of eucalyptus oil through a lice infested head is a much better and healthier solution.
8. Intestinal Germs – Eucalyptus oil is a vermifuge and is frequently employed to remove germs in the intestine. Studies have shown that ingesting eucalyptus oil can deter many of the bacterial, microbial, and parasitic conditions that arise in the various parts of the body, particularly susceptible areas like the colon and intestine.
9. Diabetes – When ingested, eucalyptus oil can help control blood sugar. Its properties as a vasodilator, mean that the entire body benefits from the increase in blood circulation. Diabetic patients commonly suffer from lack of good circulation, and it can be very dangerous – often times resulting in amputation or death. Therefore, it is a good idea to frequently massage eucalyptus oil onto the skin topically, and also inhale it as a vapor to ease the constriction of the blood vessels. For best results, massage it onto the skin after show, which also has vasodilating and relaxing qualities that will benefit diabetics.



10. Fever – Eucalyptus oil is also used for treating fever and reducing body temperature. This is why one of the common names of eucalyptus oil is “fever oil”.

Eucalyptus Studies and Research

Some of the most exciting eucalyptus oil research out today shows that it can help prevent drug-resistant bacterial infections like tuberculosis (TB). As more strains of TB continue to evolve defenses against the drug protocols traditionally used, a major public health concern has risen to the forefront especially for regions like Africa, which are still highly affected by HIV/AIDS.

One study published in the Journal of Natural Products this past March, set out to evaluate how utilizing Eucalyptus citriodora essential oil fared against the inhaling drug resistant TB (MDR/XDR-TB). In addition to discovering 32 active anti-TB compounds in E citriodora, it observed the way that multiple components interacted with each other and discovered that certain combinations literally inhibited airborne TB by over 90 percent.

Other studies evaluating the benefits of inhaling eucalyptus show similarly amazing results due to its powerful anti-inflammatory effect.

A researcher out of Bonn University Hospital in Germany published an article in the journal Drug Research this past May highlighting how the cineoloe commonly found in eucalyptus essential oil is an effective long-term therapy to help control COPD (chronic obstructive pulmonary disease) symptoms and improve asthma.

Hair Benefits Of Eucalyptus Oil

Eucalyptus oil has many antifungal properties that can help ward off infection, restrain residue build-up and clogging of pores on the head. Let’s check out some eucalyptus oil benefits for hair:

1. Follicle Stimulation

Follicles are tiny openings from where our hairs grow, Eucalyptus oil has many chemicals that promote blood vessel constriction and cleansing. In turn, this process promotes



follicle stimulation. The stimulation promotes hair development. The basic Idea circles around getting an even blood flow to the skin around the follicles. Eucalyptus essential oil is a proven follicle stimulant.

2. Improved Hair Health

Eucalyptus oil improves shine, thickness, and overall health of your hair. However, too much use can actually reduce the shine and result in a greasy scalp. Most experts suggest using eucalyptus oil for the hair an hour or so before bathing, and then using a good shampoo to remove the residue, followed by a good conditioner.

You'll Need:

- 50 ml olive oil
- 5 ml eucalyptus oil

Mix eucalyptus and olive oil and gently massage this warm oil mixture onto the scalp to stimulate blood flow to the hair roots and comb it through. Shampoo and condition normally.

3. Relief from an Itchy Scalp

You'll Need:

- 50 ml white vinegar
- 5 ml eucalyptus oil
- 1 liter water

To relieve an itchy scalp, combine the above ingredients properly. Rinse the hair several times over a basin with the solution to ensure even distribution. Immediately shampoo and condition your hair to get instant relief.

4. Head Lice

Eucalyptus essential oil has many bug repellent qualities. It is a natural pesticide. It is quite common for people to use eucalyptus essential oil as a treatment for lice.



Eucalyptus essential oil is good for the hair, it cleanses and moisturizes the scalp, and promotes hair growth. It is, thus, an excellent alternative to the conventional cures that are severe and harsh on the hair. These shampoos and other products are jam-packed with toxic chemicals that can cause an itchy scalp and rashes. During an outbreak of lice, try the following:

You'll Need

- 3 ml eucalyptus oil
- 30 ml regular shampoo

Add eucalyptus oil to your regular shampoo in the ration mentioned above (i.g. for 60ml shampoo mix 6 ml of eucalyptus oil) Shampoo your hair and cover it with a plastic shower cap for 10 minutes. Remove the cap, rinse hair, and towel dry it. Comb hair with a fine-tooth (nit) comb to help remove the eggs.

Top 10 Eucalyptus Oil Uses

Eucalyptus oil is one of the most powerful forms of natural medicine, and has been used throughout the years for its large variety of benefits.

Some of eucalyptus oil's modern-day favorite uses include:

1. Colds & Flu

Eucalyptus oil's antiseptic, antiviral, and antibacterial properties make it one of the most common oils to use as a natural remedy for the dreaded influenza virus - or commonly known as the flu - and is also a natural remedy for the less severe (but still frustrating) common cold. It helps cleanse the body of toxins and harmful microorganisms. The most common and effective way to utilize the healing properties of eucalyptus oil is to drop several drops into a humidifier, vaporizer, or diffuser. Use all throughout the day and before going to sleep so you can take full advantage of all the medicinal benefits.

Also add eucalyptus oil in a steam room or in your own hot bath at home. For stuffy/runny nose and sinus relief, pour a few cups of boiling water into a bowl and mix in 10 drops of eucalyptus essential oil; then, place a towel over your head and inhale the steam for 5-10 minutes.



2. Hair Nourishment

A few drops of eucalyptus oil with some coconut oil or olive oil gives your hair a nice moisturizing and shine adding pick-me-up. Using eucalyptus oil is especially great to combat dandruff, an itchy scalp, and it's also a natural alternative to chemical-filled lice treatments.

3. Hand Cleaner

Eucalyptus essential oil is an excellent cleanser to remove the grease and grime build up on your hands from a tiring work day, and can rejuvenate sore hands and feet when mixed into a salt bath. Mix sea salt, Epsom salt, and eucalyptus oil for not only a rejuvenating, but skin cleansing experience.

4. Sinuses and Allergies

A study from NYU Medical School found that using eucalyptus oil was effective at treating sinusitis – a condition in which nasal passage cavities become inflamed with bacteria and mucus build up. Sinusitis patients experienced faster improvement when using eucalyptus oil as a supplement for allergy and sinus issues.

5. Natural Home Care

Not only does eucalyptus give a nice, fresh, and clean fragrance to your home products, it also adds vital anti-microbial defense as well. Eucalyptus oil can also be mixed to create an all-purpose home cleaner. Add several drops to your household items such as soap, laundry detergent, mop water, toilet cleaner, window cleaner, and countertop cleaner for an added boost of disinfection.

6. Odor Remover

Whether you're battling the odors of smelly shoes or a stinky dog bed, eucalyptus oil should be your go-to odor remover. Either wash items with a wet rag soaked in eucalyptus oil-infused water to remove odors, or mix the oil in a bottle with water and lavender oil and use as an odor remover spray.



7. Air Cleanser

Use a few drops of eucalyptus oil in a household diffuser and allow it to automatically run and sanitize the air. Eucalyptus is ideal for killing mold and detoxifying the air. You can also put a few drops into the vacuum or clothes dryer filters for added freshness. Mixing eucalyptus, tea tree oil and clove oil makes for a powerful cleansing blend.

8. Stain Remover

Like lemon essential oil, eucalyptus oil is highly effective at removing stains and spots on the carpet, clothes, and just about every fabric found around the home. It also removes gum off the bottom of shoes, and desks.

It is always recommended to perform a 'test' to make sure the oil does not react strangely with the material you treat. Add a drop or two and wait a few minutes before proceeding to use a larger amount of the oil.

9. Respiratory Health

One of eucalyptus oil's prominent benefits is in its effectiveness for treating various respiratory problems such as asthma, bronchitis, COPD, pneumonia, and even tuberculosis. Using eucalyptus for asthma dilates the blood vessels and allows for more oxygen to travel into the lungs. Either regularly use the oil in a steam room, or diffuser, or mix with peppermint oil and coconut oil for a homemade vapor rub.

10. Wound Treatment

Eucalyptus oil's antimicrobial and antiseptic characteristics make it effective at treating wounds, burns, cuts, abrasions, sores, and scrapes. It can also be made into a healing ointment or salve to put on bug bites and stings, while also acting as a natural pain reliever. It also protects against infections and boosts the healing process.

11. Aromatherapy

Aromatherapy has been gaining popularity over recent years – but is a practice dating



back to centuries past. Using eucalyptus oil a diffuser, humidifier, and vaporizer, and mixing it in different blends is also a very common use. One very important reason why many use this oil is because of its ability to address mental exhaustion through creating a cooling and refreshing effect. As a stimulant, it helps eradicate sluggishness and rejuvenates the spirit. Apart from battling mental exhaustion, this essential oil is commonly used for stimulating mental activity and increasing blood flow to the brain. Evidentially, the eucalyptus uses and benefits are lengthy and incredible. This is an essential oil to keep stocked in your natural first aid kit or medicine cabinet!

How Does Eucalyptus Oil Work?

This essential oil works in many different ways. In vapor therapy, eucalyptus oil may be used to combat respiratory problems, improve concentration, or as an insect repellent. It can also be used and blended in massage oils or diluted in your bath — methods that can provide benefits against arthritis, asthma, mucus congestion, colds, headaches, sinusitis, fatigue, and muscle aches and pains. Eucalyptus is commonly used for stimulating mental activity and increasing blood flow to the brain.

One may also use eucalyptus oil in a cream or lotion for pain relief and to speed up the healing of wounds and ulcers. Use the oil on your skin for insect bites and irritated scars, but always dilute before topical use.

Essential oils are able to mix together to create unique oil blends that have different purposes and benefits. Eucalyptus oil generally blends well with thyme, lavender, lemongrass, lemon and pine.

Is Eucalyptus Oil Safe for Me to Use?

Essential oils including eucalyptus oil are generally safe to use and are a widely used for healing and medicinal purposes. However, it is crucial to take specific safety precautions when using any oil. Always dilute essential oils for any use other than aromatherapy. Once diluted, Eucalyptus oil is generally safe when applied to adult skin, but it is not recommended to put the oil, salve, or chest run on the skin of a child under the age of 2. Pregnant and breastfeeding women should also avoid ingestion of the oil.



The greatest precaution you can take is to remember to dilute the oil for any topical or ingestion use. Some potential side effects can include:

1. Diarrhea
2. Nausea
3. Vomiting
4. Upset Stomach
5. Allergic airborne contact dermatitis

If you notice the following symptoms after using eucalyptus oil, stop use and contact your primary doctor:

1. Dizziness
2. Feeling of Suffocation
3. Small Pupils



Eve Hansen's Eucalyptus Oil is one of the best essential oils to have in your medicine cabinet!



As this guide shows, eucalyptus oil offers a wide variety of treatments for every day health issues. This product is one of the best natural healing products for you and your family.

Use these suggested treatments, and anytime you have a health issue that you think Eucalyptus oil can help, give it a try. Just make sure to read the safety warnings on the product, and you should notice great results.

Enjoy using your Eucalyptus Oil!

Eve Hansen