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Top 20 Incredible Benefits of Eucalyptus Essential Oil

by Up Nature | Mar 16, 2017 | 1 comment



Eucalyptus essential oil has wonderful multi-faceted medicinal properties. So it's not surprising that it's used widely in many over-the-counter products available at your local grocery store or pharmacy including chest rubs for colds and congestion, cough and cold medicines, sore throat sprays, mouthwashes, inhalers, soaps, rash creams and topical pain relievers, just to name a few.

Native to Australia, and used for centuries by Aboriginal tribes for its healing properties, the eucalyptus tree, classified as *Eucalyptus Globulus*, is now grown world-over including China, India (where it is better known as Nilgiri oil), some parts of Europe and South Africa. The medicinal properties come from the leaves which are dried, and then crushed and distilled to extract the strong, colorless and potent essential oil.

Eucalyptus essential oil boasts many benefits including:

- Anti-inflammatory
- Antispasmodic
- Decongestant
- Deodorant
- Disinfectant
- Antiseptic

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as well as tips and recipe books on how to use this handy, multi-purpose healing oil:

1. Eucalyptus Oil for Cold and Congestion

Eucalyptus oil is known for its anti-viral and anti-bacterial healing properties. A 2010 [study](#) suggested that, "Eucalyptus oil (EO) and its major component,



1,8-cineole, have antimicrobial effects against many bacteria...viruses, and fungi." And that, "...surprisingly for an antimicrobial substance, there are also immune-stimulatory, anti-inflammatory, antioxidant, analgesic, and spasmolytic effects."

The study recommended that vapor inhalation was an effective way to relieve congestion. Inhaling the strong aroma of eucalyptus oil helps to loosen phlegm and alleviate congestion associated with the common cold, flu or more severe conditions such as bronchitis.

How to use Eucalyptus oil for cold and congestion:

1. Steam inhalation: Add 10-15 drops of eucalyptus oil to a bowl of boiling water, place a towel over your head and breathe in the potent vapors for 5-10 minutes. The hot steam helps to thin and thereby drain mucus in the nasal passages and the decongestant properties of eucalyptus help to relieve cold symptoms.

2. Use in a Diffuser: Add several drops of eucalyptus oil in your diffuser and breathe in the medicinal vapors all night long.

2. Eucalyptus Oil for Cough



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Eucalyptus oil's decongestant properties can help to clear your chest by making your cough more productive. There's nothing more annoying than a hacking cough with nothing coming up. Inhaling the vapor or applying a eucalyptus oil infused rub can help in loosening mucus, so that when you cough, the thinned mucus can be expelled out of your chest.

A 2004 study conducted on rats suggested that Eucalyptus oil has an "anti-inflammatory effect on chronic bronchitis."

Many popular over-the-counter rubs contain eucalyptus and other cough suppressing substances.

Below is a home-made recipe for an all-natural rub (this is an excellent alternative to the chest rubs available in pharmacies that contain petroleum jelly).

Eucalyptus oil all-natural rub for coughs:

1/2 cup coconut oil or olive oil

2 tablespoons of beeswax pastilles

20 drops of Eucalyptus Oil (contains the active substance Eucalyptol, which acts as a cough suppressant).

15 drops of **Peppermint Oil** (contains the active substance Menthol, which makes it easier to breathe by opening up nasal airways).

Slightly melt beeswax and carrier oil over a double boiler and add essential oils. Stir well, pour in a container (small tins work well) and let set. Use as needed.

3. Eucalyptus Oil for Hair Nourishment

Need some



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How to use Eucalyptus oil for hair nourishment:

4 tablespoons carrier oil, such as olive oil or coconut oil

100 drops or 1 level tsp eucalyptus oil (20:80 essential oil to carrier oil ratio)

Mix eucalyptus oil and olive or coconut oil and gently massage the blend into the scalp. Comb your hair to further stimulate blood flow. Apply on the hair about an hour before taking a shower. Wash off with shampoo/conditioner.

4. Eucalyptus Oil for Itchy Scalp

Do you suffer from a dry, itchy scalp? Eucalyptus oil can help. Find instant itch relief by trying the recipe below:

4 tablespoons regular white vinegar

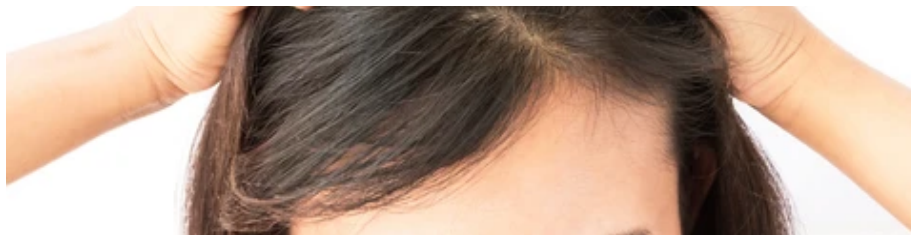
100 drops or 1 level tsp eucalyptus oil

4 cups water

Mix all of the above and rinse your hair with the blend making sure the liquid is evenly distributed across your scalp. Shampoo and



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There's nothing more embarrassing or annoying than having your scalp infested by head lice! Eucalyptus oil is a natural insecticide and many commercially available head lice sprays actually contain essential oils such as tea tree and eucalyptus (along with many harsh chemicals).

The next time you get an outbreak of head lice try this home-made blend that not only helps to nourish the hair with the moisturizing properties of eucalyptus oil but will also keep the tiny critters out of your hair:

3ml eucalyptus oil

2 tablespoons shampoo

1 teaspoon **neem essential oil** (Lice hate the strong, bitter, pungent smell of neem and neem oil contains the active ingredient azadirachtin, an insecticide, which prevents the reproduction of lice)

Alternatively, in a regular 60 ml shampoo bottle add 6 ml of eucalyptus

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As an effective alternative to store bought insect repellent, here's a recipe for a natural easy to make at home bug spray that not only smells great but keeps the bugs away.

1. Eucalyptus oil bug spray:

20 drops eucalyptus oil or lemon eucalyptus oil

10 drops **lavender oil** or **cinnamon oil**

Natural witch hazel

Boiled water (or distilled water)

Fill an 8oz spray bottle half-way up with boiled/distilled water. Fill the rest of the bottle with witch hazel. Add the essential oils. Spray!

It is recommended to use this all-natural spray on clothing (especially when using on children) than directly on the skin.

2. Keep pests away: Ants, cockroaches and pests detest the smell of eucalyptus oil. Soak a few cotton balls with 3-5 drops of eucalyptus oil

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Mix all of the above and apply it to the sore 3-4 times a day. Speed up healing and feel instant cooling pain relief!

8. Eucalyptus Oil for Diabetes

There's not enough research at this point to show how eucalyptus oil works in reducing blood sugar but a 2010 study conducted on rats suggests that the "treatment of diabetic rats with eucalyptus for four weeks compensated the diabetic state and significantly reduced blood glucose levels."

It's still not absolutely clear how **eucalyptus oil** works but since it might

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neck and bottoms of feet. Repeat every 15-20 minutes until the temperature goes down.

Note: For children it is best to modify the blend to a ratio of 1 drop of eucalyptus oil to 1 teaspoon carrier oil and apply the blend only to the bottom of the feet.

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