



Essential Oil Facts & Uses



Eucalyptus

Botanical Name	Eucalyptus globulus
Botanical Family	Myrtaceae
Place of origin	Australia
Method of Extraction	Steam Distillation
Source	Leaves
Note	Top
Blends well with	Lavender, lemon, pine, rosemary, thyme
Chemical Components	82% cineol (oxide) 0.9% terpineol-4 3.6% alpha pinene 0.9% p-cymene (monoterpene) 0.8% beta pinene 2.5% alpha terpineol 0.7% gamma terpinene
Chemical effects	<ul style="list-style-type: none">• Expectorant (oxide)• Immune stimulant (oxide)• Anti-inflammatory (oxide)• Antiseptic (monoterpene)• Antibacterial (monoterpene)• Skin irritant (monoterpene)
Uses	Primarily used for respiratory issues.
Safety	<ul style="list-style-type: none">• For external use only, DO NOT use internally – may be fatal• DO NOT use on or near the face of babies or children under 10 years old.• DO NOT use during pregnancy.• May be toxic to pets if not used properly. See https://www.petpoisonhelpline.com/pet-safety-tips/essential-oils-dogs/ https://www.petpoisonhelpline.com/blog/essential-oils-cats/
Applications	Inhalation <ul style="list-style-type: none">• Diffuse 3-5 drops in an essential oil diffuser.• Add 5-10 drops to a nasal inhaler. Bath <ul style="list-style-type: none">• Make eucalyptus salts using the recipe below. Steam <ul style="list-style-type: none">• Enjoy a eucalyptus steam – see recipe below.



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USES

Respiratory

Eucalyptus is used for respiratory conditions such as colds & flus, asthma, bronchitis, sinus infection. It works as an expectorant and cleanses your body of bacteria. It also dilates blood vessels and increases blood flow to the lungs. Eucalyptus stimulates immune function.

Application:

1. Diffuse 3-5 drops of eucalyptus in your environment.
2. Add 5-10 drops to a nasal inhaler. Open inhaler and inhale 1-3 deep breaths. Use as needed.
3. Use eucalyptus steam (see recipe below) to relieve respiratory symptoms.

Air Cleanser

Eucalyptus has purifying qualities.

Application:

1. Diffuse 3-5 drops of eucalyptus in your environment for a clean, fresh scent.

Mental Focus/Stimulation

Eucalyptus can relieve mental fatigue.

Application:

1. Diffuse 3-5 drops of eucalyptus in your environment for increased mental clarity.
2. Add 5-10 drops to a nasal inhaler. Open inhaler and inhale 1-3 deep breaths. Use as needed.

Muscular Pain

Eucalyptus acts as a natural pain reliever. Synergistic properties of combining lavender and eucalyptus are particularly effective at soothing sore muscles.

Application:

1. Add 6 drops to 1 tablespoon (15ml) of carrier oil and massage on affected areas.
2. Soak in eucalyptus bath salts (see recipe below).

RECIPES

Eucalyptus and Lavender Bath Salts

Ingredients:

- 1 cup Epsom salts
- ¼ cup baking soda
- 10 drops of eucalyptus essential oil
- 10 drops lavender essential oil

Directions:

1. Place Epsom salts in clean mixing bowl.
2. Add baking soda to the salts and mix well.
3. Add essential oils and mix well.

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4. Store in a clean glass jar.
5. Dissolve approximately $\frac{1}{4}$ - $\frac{1}{2}$ cup of the salt in a warm bath (ensure complete dissolution).

Eucalyptus Steam

Ingredients:

- 1 cup boiling water
- 10 drops of eucalyptus essential oil

Directions:

1. Boil water and let cool slightly.
2. Place hot water in a bowl.
3. Add eucalyptus oil to water.
4. Place towel over head and lean over bowl. Inhale deeply for 5-10 minutes. Keep eyes closed.

Eucalyptus Massage Oil

Ingredients:

- 15ml of carrier oil of choice (jojoba, grapeseed, fractionated coconut oil etc)
- 6 drops of eucalyptus essential oil

Directions:

1. Blend carrier oil and essential oils together.
2. Massage on affected areas.

Insect Repellant – Health Canada

Ingredients:

- 1 aluminum spray bottle (125ml)
- 2oz distilled water
- 2oz witch hazel
- 10 drops eucalyptus essential oil
- 10 drops lemon essential oil
- 10 drops geranium essential oil
- 10 drops camphor essential oil
- 10 drops pine essential oil

Directions:

1. Fill spray bottle with all ingredients.
2. Spray on as needed. Shake before each use. Keep away from eyes and mouth. Not to be used on children.