



Camphor Essential Oil



Botanical Name: Cinnamomum camphora

Main Constituents:

1,8-Cineole: 38.5%

Plant Part: Wood

Origin: China

Processing Method: Steam Distilled and Vacuum Rectified

Child Safe: No

Description / Color / Consistency: This is a thin, colorless to pale yellow clear liquid.

Aromatic Summary / Note / Strength of Aroma: Camphor Essential Oil is a top note with a strong, penetrating, fragrant odor.

Product Abstract: The tree can grow up to 35 meters (100 feet) and the camphor is found in every part of it. The Essential Oil is extracted by steam from the chipped wood, root stumps and branches, and is then rectified. White camphor oil is the first distillation's fraction. In China and Japan, Cinnamomum camphora must be at least 50 years old to produce oil, and can often grow as old as a thousand years. The wood has been used in the construction of temples and in ship-building because of its durability and aromatic properties.

About Camphor Essential Oil and Its Uses

The distinctive, penetrating scent of Camphor White has a significant effect on supporting clear lungs and boosting circulation. Camphor White Essential Oil is also useful for the aches associated with normal wear and tear on aging joints. Discomfort quickly eases when applied topically to affected areas.

Camphor essential oil encourages full breathing through its clean, bright aroma. Perhaps not surprisingly, Camphor is a primary ingredient in many commercial cough, cold and congestion products, including salves and vapor rubs.

The penetrating, medicinal aroma of Camphor is associated with chest rubs and balms for muscles and joints. It is often blended into balms, massage oils and crèmes to soothe the bodies of athletes. Camphor essential oil produces either a warming or cooling feeling. Camphor may also be used to repel flying insects or to refresh a musty linen closet.

Camphor Essential Oil Uses

- Muscular Aches and Pains
- Rheumatism
- Cough



- Bronchitis
- Colds
- Acne
- Rashes
- Parasitic Skin Infections
- Contusions
- Bruises
- Insect Repellent

Source: Valerie Ann Worwood, *The Complete Book of Essential Oils and Aromatherapy*, 25th Anniversary Edition (Novato, CA: New World Library, 2016, 573).

General Safety Information

Do not take any oils internally and do not apply undiluted essential oils onto the skin without essential oil knowledge or consultation from a practitioner. Consult a practitioner before using oils with children, the elderly, if you are pregnant, if you have medical issues or are taking medications.

Cautions: Dilute before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided. Possible drug interactions. Due to its 1,8 cineole content, it is best not to use Camphor Essential Oil around young children.

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).