

Eucalyptus globulus
EUCALYPTUS

Easily recognized by its camphor-like vapour, eucalyptus is the classic remedy for respiratory problems and is contained in many commercial products for colds and sinus congestion. It is also used for chest complaints, musculo-skeletal problems, and to purify the air. Originally from Australia, the tree was introduced to Europe in the late 18th century, and distilled commercially in the 1850s.

SCENT
 Camphor-like, sweet, woody

NOTE
 BASE MIDDLE TOP

EXPENSE RATING
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CAUTIONS
 Use low dilutions (1%); avoid with homeopathic remedies. See page 16.



Main constituents: cineol, pinene, limonene

THERAPEUTIC PROPERTIES

Traditionally, Australian Aboriginal peoples bound the leaves of the indigenous eucalyptus tree to wounds to speed healing. Recent research has confirmed the oil's pain-relieving and anti-inflammatory properties, and its ability to reduce swelling and accelerate healing.

ACHES & PAINS

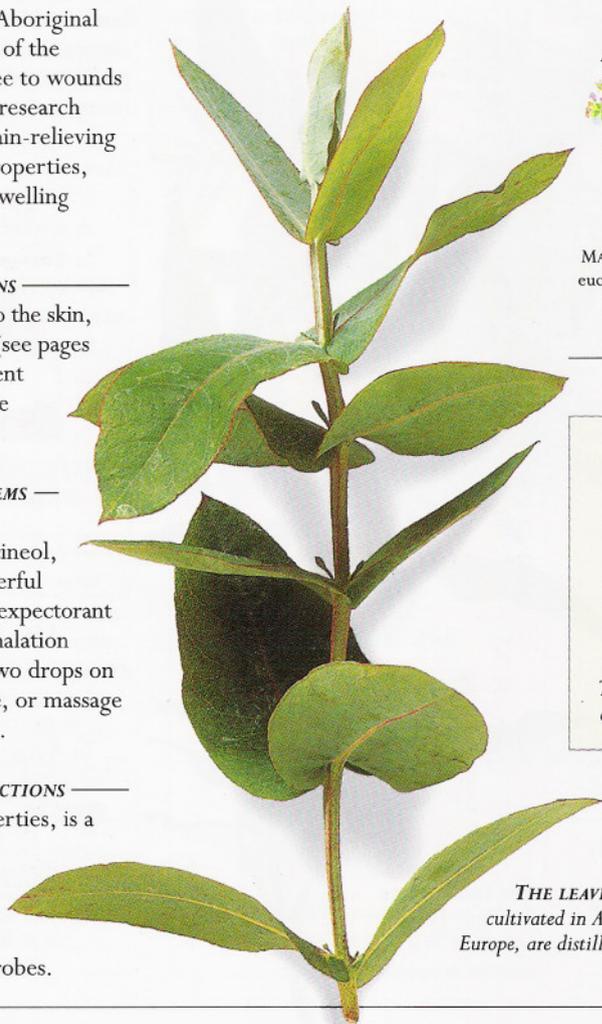
Eucalyptus oil feels cool to the skin, but warm to the muscles (see pages 100–1). The cineol content makes it analgesic, and the oil also reduces fevers.

RESPIRATORY PROBLEMS

The main constituent of eucalyptus essential oil, cineol, is responsible for its powerful antiseptic, anti-viral and expectorant effects. Use in a steam inhalation (see pages 102–3), put two drops on a handkerchief and inhale, or massage the chest with diluted oil.

ALLERGIES & INFECTIONS

It has anti-bacterial properties, is a good anti-viral agent and stimulates the immune system. When used in a vaporizer, the essential oil reduces airborne microbes.



OIL COMBINATIONS

Marjoram



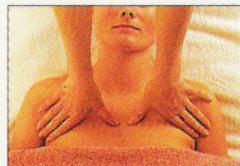
Lavender



Juniper

MARJORAM OIL boosts the decongestant effect of eucalyptus oil, juniper oil adds a clean scent, and lavender softens the aroma and enhances the harmony of the blend.

CHEST MASSAGE



The powerful scent relaxes the chest and can ease congestion (see pages 58–59).

THE LEAVES of the plant, cultivated in Australia and southern Europe, are distilled to extract the oil.