



Information Sheet – Eucalyptus Oil

Essential oil of Eucalyptus is a strong natural antiseptic that may be effective against a wide range of bacterial and viral infections. It has an overall cooling effect on the body and is useful in reducing fevers. The oil is clear with a strong camphoraceous smell that makes it a good insect repellent.

Properties, effects and methods of use:

Emotional

Uplifting and soothing: alleviates stress, anxiety, depression and general debility, helpful for insomnia, headaches and migraine. Used in inhalations, vaporizers, compresses, baths, application or massage.

Respiratory

Antiseptic and anti-inflammatory: eases colds, flu sinusitis and throat infections. Used in inhalations, vaporizes, baths or application.

Skin

Cooling and antiseptic; effective in the treatment of boils, pimples, head lice and herpes simplex. Used in compresses or application.

Circulatory

Cleansing - stimulates and strengthens the kidneys. Used in baths, massage or application.

Muscular

Anti-inflammatory; reduces swelling and helps to relieve muscular aches and pains, rheumatism and arthritis. Used in compresses, baths, application or massage.

Eucalyptus may also help to alleviate cystitis when used in baths, application or massage.

Caution: Once absorbed into the bloodstream eucalyptus oil can irritate the kidneys if used in too high concentration. Keep to recommended dilutions.

Oils should be diluted before use.