

EUCALYPTUS ESSENTIAL OIL

Eucalyptus Radiata is a subspecies of Eucalyptus tree that is native to Eastern Australia. It commonly grows to around 30 metres tall and the essential oil is obtained by steam distillation of the leaves. With its uplifting, earthy and fresh aroma Eucalyptus oil helps to clear the mind and has traditionally been used to promote clear breathing. Eucalyptus oil is used in many household surfaces cleaners and its aroma is often associated with cleanliness.

Botanical Name	<i>Eucalyptus radiata</i>
Plant Part	Leaves
Actions	Clears the mind, increases concentration, purifying.
May Help	Mental Clarity, concentration, vitality, emotional balance, healing, confusion, anger, boredom, despair, lethargy, respiratory problems, fevers, headaches, bad odours
Fragrance Note	Top
Blends with	Peppermint, Lemon, Lavender, Cedarwood, Lemongrass, Pine, Rosemary, Marjoram, Frankincense



Suggestions for use:

CHEST RUB	
Eucalyptus	5
Cedarwood Atlas	3
Frankincense	2
Rosemary	2
Carrier Oil	25ml

STEAM INHALATION	
Eucalyptus	2
Frankincense	1
Cedarwood Atlas	1
Lemon	1
Carrier Oil	50ml

*Quantity shown refers to number of drops of essential oils

Cautions

Although suitable to use on the skin, Eucalyptus Oil is toxic by ingestion. It is classified as a Schedule 5 Poison in Australia.

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.