QUICK REFERENCE SHEET

EUCALYPTUS BLUE GUM

Eucalyptus globulus

Plant Family: Myrtaceae

Extraction Method: Steam Distilled

Part Utilized: Leaves

Region of Origin:

Australia

AFFINITY FOR:

endocrine system, muscles, yin energy, respiratory system, bones, brow chakra

THERAPEUTIC PROPERTIES:

anti-inflammatory, antiseptic, balsamic, expectorant, antibiotic, antifungal, febrifuge, anti-infective, antiparasitic, antineuralgia, pectoral

AROMATIC CONSIDERATIONS:

Eucalyptus Blue Gum has a softer, more complex aroma than the other varieties of Eucalyptus. Eucalyptus is energizing and promotes feelings of steadfastness and confidence in oneself. The aroma of Eucalyptus can help us release resentment calmly, without the usual explosions of temper and hostility. Eucalyptus, diffused, purifies the air.

APPLICATION:

Eucalyptus should be applied to the feet, and on areas where anti-inflammatory properties are needed. Eucalyptus, or a blend containing it, can be diluted and applied to the chest for respiratory congestion and infections. If used in small amounts, Eucalyptus makes a good addition to massage oils. Eucalyptus applied under and on each side of the nose brings quick relief for clogged sinus cavities.

! CAUTIONS:

Eucalyptus can be caustic to the skin if used undiluted. Not to be taken internally.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Eucalyptus helps us find our survivor spirit. Eucalyptus taps into the inner strength in each of us. It can help us develop unfaltering faith in ourselves and in divine assistance. Eucalyptus strips away doubt about our abilities, removes negativity and hesitation, and pushes us forward. Eucalyptus calms our spirits and opens our minds to see the way ahead clearly.

PHYSICAL ASPECTS:

Eucalyptus Blue Gum is considered one of the most therapeutic of the Eucalyptus oils. It is a very versatile and useful essential oil. It can be used to cool the body in summer and protect from bacteria and viruses in the winter. Eucalyptus is useful for bronchitis, colds, flu, asthma, and any problem in the respiratory system. Eucalyptus is one of the best oils for bringing down a fever.

Eucalyptus is a strong analgesic. It can be applied alone or as part of a blend for muscle aches and headaches. Eucalyptus alleviates mental exhaustion and stabilizes blood sugar levels in both hypoglycemia and diabetes. Well diluted, Eucalyptus is good for skin rashes and makes a very good energizing massage oil. Eucalyptus becomes more antiseptic with age, if it has been stored and handled properly.

GENERAL INFORMATION:

Eucalyptus Blue Gum is authentic, unaltered Eucalyptus Globulus. It is only distilled once, commonly referred to as the “First Distillation”. Most Eucalyptus oils are rectified, which means they are redistilled and mixed with other distillations to get a cineole content of 80% or more. First distillations are usually more theraputic, but are also more expensive.

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