

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 unflinching 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 therapeutic, but are also more expensive.