QUICK REFERENCE SHEET

EUCALYPTUS PEPPERMINT

Eucalyptus dives

Plant Family: Myrtaceae

Extraction Method: Steam Distilled

Part Utilized: Leaves

Region of Origin:

Australia

AFFINITY FOR:

respiratory system, muscular system, spleen meridian, triple warmer meridian, lung meridian, circulation, yin energy

THERAPEUTIC PROPERTIES:

anti-catarrhal, antiseptic, antiviral, astringent, expectorant, mucolytic, analgesic, anti-inflammatory, antineuralgia, decongestant, diuretic, febrifuge, calming

AROMATIC CONSIDERATIONS:

This essential oil combines the aromas of Eucalyptus and Peppermint and is both delightful and quite unique. As it dries on the skin or hangs in the air after being diffused, it develops a balsamic, woody undertone that is centering and calming. If I am going to diffuse a Eucalyptus, this is my first choice.

APPLICATION:

Eucalyptus should be applied to the feet, and on areas where anti-inflammatory properties are needed. Eucalyptus 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.

INGREDIENT IN:

LeAmbition, LeDiminish

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The emotional qualities of all Eucalyptus varieties are similar. This variety, with its slight Peppermint aroma, seems to be more calming than the others.

PHYSICAL ASPECTS:

Eucalyptus Peppermint encourages deep, slow breaths that aid bronchial dilation when inflammation or fluids are present. This essential oil encourages circulation and eases muscular pain and tightness. This is an appropriate Eucalyptus to use in athletic massage oils.

Eucalyptus Peppermint has a very strong and specific antiseptic action. It really targets and eliminates bacteria, viruses, and fungi. Many people find it useful and quite pleasant as an insect repellent.

GENERAL INFORMATION:

Eucalyptus Peppermint is lower in ecualyptol content but higher in menthols. These differences in constituents make this Eucalyptus slightly less caustic for skin applications but still excellent for the treatment of respiratory ailments. This Eucalyptus is sometimes referred to as Peppermint Eucalyptus or broad-leafed Peppermint.

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