

## QUICK REFERENCE SHEET

# EUCALYPTUS RADIATA ORGANIC

*Eucalyptus radiata*



Plant Family:  
Myrtaceae



Extraction Method:  
Steam Distilled



Part Utilized:  
Leaves



**Region of  
Origin:**  
Australia

### AFFINITY FOR:

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

### THERAPEUTIC PROPERTIES:

anti-catarhal, antidepressant, antiseptic, expectorant, calming

### AROMATIC CONSIDERATIONS:

Like the Blue Mallee variety, Radiata is gentler and softer than Globulus.

### 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:

The emotional qualities of all Eucalyptus varieties are similar, but this one is preferred by many for use in meditation and energy work.

### PHYSICAL ASPECTS:

This Eucalyptus is used much the same as the Globulus variety but it is reputed to be less likely to irritate the skin when used repeatedly for sore muscles. Radiata has a high percentage of cineole, also known as eucalyptol. This is the component believed to relieve colds and congestion.

### GENERAL INFORMATION:

Eucalyptus Radiata was actually the first Eucalyptus distilled commercially as an essential oil. It is commonly known as "Narrow-Leafed Peppermint," although it is a member of the Eucalyptus family.