

## QUICK REFERENCE SHEET

# LEMON EUCALYPTUS

*Eucalyptus citriodora*



Plant Family:  
Myrtaceae



Extraction Method:  
Steam Distilled



Part Utilized:  
Leaves



**Region of  
Origin:**  
Australia

### AFFINITY FOR:

cardiovascular system, respiratory system, muscles, brow chakra, yin energy

### THERAPEUTIC PROPERTIES:

insect repellent, anti-inflammatory, expectorant, anti-bacterial, anti-viral

### AROMATIC CONSIDERATIONS:

Lemon Eucalyptus has a fresh, sweet, Lemony aroma mixed with some woody deeper notes.

### APPLICATION:

Use Lemon Eucalyptus exactly as you would use any other variety of Eucalyptus.

### ! CAUTIONS:

All Eucalyptus varieties can be caustic to the skin if used undiluted: be sure to dilute well. Test for skin sensitivity before applying to the whole skin surface.

### INGREDIENT IN:

LeTransition

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The emotional qualities of all Eucalyptus varieties are similar.

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:

The physical aspects of Lemon Eucalyptus oil are much the same as other varieties. The high Citronellal content of this oil gives it the intense Lemon scent.

Lemon Eucalyptus may be very effective against toe nail fungus. Routinely soaking the feet in warm water may help with these systems.

Used as a mosquito and insect repellent, mix in a 10% solution of essential oil to a 90% solution of carrier such as neutralizer, Almond Oil or witch hazel. Apply to the skin, avoiding contact with the eyes, for to provide protection from biting insects.