

Eucalyptus Globulus Essential Oil

Botanical Name

Eucalyptus globulus

Strength of Initial Aroma

Strong

Aromatic Description

Sharp camphor, minty medicinal aroma

Blends Well With

Earthy herbaceous, citrus, mint, spice and evergreen oils

Eucalyptus Essential Oil Uses

- Respiratory Infection
- Bronchitis
- Infectious Disease
- Fever
- Catarrh
- Sinusitis
- Fever
- Muscular Aches and Pains

- Rheumatism
- Arthritis
- Urinary Infection
- Cystitis
- Parasitic Infection

Sources: www.aromaweb.com Eucalyptus EO Monograph

Eucalyptus Globulus Safety Information

Tisserand and Young indicate that due to its 1,8 cineole content, Eucalyptus Globulus Essential Oil may cause CNS and breathing problems in young children. They caution against using Eucalyptus Globulus Oil on or near the face of children under 10. Their dermal maximum recommendation is 20%. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, *Essential Oil Safety* (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 273.] Eucalyptus Oil is very toxic when taken orally (no essential oil should be taken internally without the guidance of a qualified aromatherapy practitioner). [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 141.]

As cited per www.aromaweb.com Eucalyptus EO Monograph

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete and although we do our best to research our ingredients it is not guaranteed to be fully accurate.