

# Eucalyptus

## Colds & Flu Season

**Common Name:** Eucalyptus

**Botanical Name:** Eucalyptus Globulus

**Origin:** Australia, Brazil, China

**Parts Used:** leaves, twigs

**Fragrance:** camphorous, fresh, strong



**Blends well with:** basil, bergamot, cedarwood, citronella, ginger, grapefruit, juniper, lavender, lemon, lime, marjoram, orange, oregano, peppermint, pine, rosemary, spearmint, tea tree, & thyme

**Aromatic Benefits:** balancing, cooling, invigorating, stimulating

**Physical Uses:** Antibacterial, asthma, arthritis, chicken pox, coughs, decongestant, fever, insect repellent, measles, migraines, muscle pain, rheumatism, shingles, sinusitis, sprains, & throat infections.

**Safety Data:** Avoid if using homeopathic remedies, history of epilepsy, asthma or high blood pressure. Avoid during pregnancy. Dilute before using on skin.

**Fun Fact:** In the 19<sup>th</sup> century, eucalyptus trees were called “fever trees,” because they destroyed the breeding ground of the malaria mosquito. The tree grows fast, and uses up large amounts of water, thus large amounts of the trees can turn swamp into usable land – and also rid the area of mosquitoes in the process.

## Recipe:

### Children’s Cold Relief

10 drops Eucalyptus

10 drops Lavender

10 drops Tea Tree

Mix all oils together.

### Adult Cold Relief

2 drops Eucalyptus

5 drops Geranium

3 drops Peppermint

5 drops Rosemary

Mix all oils together.

**For educational purposes only. This information is not intended to diagnose, treat or cure any disease.**