

## Organic Eucalyptus Globulus – *Eucalyptus globulus*

**Code:** OR005

**Vol:** 10ml

**Country of Origin:** Portugal

### About the oil

**Distilled From:** Steam distillation from the fresh or partly dried, long and narrow leaves of the tree.

**Aroma & appearance:** Clearing, camphoraceous and herbaceous. Colorless liquid.

### Some beneficial ways of enjoying the oil:

- Extremely useful during the winter months. It can be very effective in a steam inhalation to help congestion. Try adding 2 drops Eucalyptus, 1 drop Roman Chamomile and 1 drop Lavender to a bowl of just-boiled water. Lean over the bowl (not too close) with a towel covering your head and inhale the vapors for a few minutes. Alternatively, blend the same oils in two teaspoons of Sweet Almond oil and massage into the chest and back.
- Blend with Cedarwood in an oil burner. Eucalyptus can help maintain an insect-free BBQ!

This is Eucalyptus 80/85, which refers to the eucalyptol content in the oil (80-85%). Other companies may supply an inferior quality known as 70/75. There are many hundreds of different types of Eucalyptus that contain high levels of eucalyptol, but Globulus is the most popular.

### Did you know?

Australian Aborigines refer to the plant as 'Kino' and bind the leaves to serious wounds.

### Key Search words:

Clearing, stimulating, winter ailments, invigorating, antiseptic, centering and antiviral.

### Safety Data

A powerful oil to be used in moderation.

---