

Eucalyptus Citriodora – *Eucalyptus citriodora*

Code: T165 **Vol:** 10ml

Country of Origin: China

About the oil

Distilled From: Steam distillation of the leaves of the tree.

Aroma & appearance: Fresh, clearing and lemony. Colorless to pale yellow.

Some beneficial ways of enjoying the oil:

- Use 8-10 drops of Eucalyptus Citriodora in a diffuser or burner to ward off insects (try placing the battery-operated Aroma-Mouse under the table at outdoors parties). Alternatively, dilute 5 drops of Eucalyptus Citriodora in 10ml Absolute Aromas Coconut oil (do not use the unfractionated or solid version) – apply a light coating to exposed areas of skin. Avoid the eyes and mouth.
- To refresh and cleanse tired feet, add 3 drops of Eucalyptus Citriodora, 1 drop of Cypress and 2 drops of Tea Tree to a bowl of warm water or footbath/spa and soak for ten minutes.

In common with other Eucalyptus species, Eucalyptus Citriodora (Lemon-scented Eucalyptus) is originally from Australia but is now cultivated mainly in China and Brazil. It is often used as a minor ingredient in soap and detergent perfumes to add freshness and is commonly the active ingredient in natural insect repellents. Eucalyptus Radiata and Globulus have a higher pinene content and are therefore more useful in steam inhalations.

Did you know?

Traditionally the leaves of the tree were used in linen cupboards to add freshness.

Key Search words: Invigorating, pests, winter ailments, stimulating

Safety Data

Eucalyptus Citriodora may irritate those with sensitive skin and should be avoided when taking homeopathic remedies.
