

# Eucalyptus

*Eucalyptus* spp. 15 mL

dōTERRA®

Product Information Page



**Application:** A | T | D

**Ingredient Information:** *Eucalyptus radiata*, *Eucalyptus polybractea*, *Eucalyptus kochii*, *Eucalyptus loxophleba*, *Eucalyptus globulus*

**Aromatic Description:** Camphoraceous, Medicinal, Herbaceous

**Eucalyptus** | *Eucalyptus* spp. 15 mL

## Primary Benefits

- + May have cleansing properties due to its main constituent 1,8 cineole
- + Contribute to feelings of open airways

## Product Description

Australia is home to more than 700 types of fast-growing, flowering evergreens known as eucalyptus. Part of the myrtle family (Myrtaceae), these plants can grow to 60 feet tall and 15 feet wide. dōTERRA has selected five species to create its proprietary CPTG® *Eucalyptus essential oil blend*: *Eucalyptus radiata*, *E. polybractea*, *E. kochii*, *E. loxophleba*, and *E. globulus*. The primary chemical component of these species is eucalyptol (1,8-Cineole), which is where this essential oil blend gets many of its benefits. Use in a diffuser or apply topically to promote feelings of clear breathing and open airways. The camphoraceous, herbaceous aroma is revitalizing. Use Eucalyptus in the shower or add a few drops in a carrier oil or lotion for a soothing massage. In addition, preclinical research suggests that the 1,8 cineole in Eucalyptus may have cleansing properties.

## Uses

- + Diffuse or put a few drops on the hands, place them over the nose, and inhale deeply.
- + Place a few on the floor of your shower for a spa-like experience.
- + Add to a carrier oil or lotion to add to a comforting massage.
- + Use as an air freshener and room deodorizer.

## Directions

**Aromatic use:** Add 3-4 drops to the diffuser of your choice.

**Topical use:** Dilute 1 drop essential oil to 10 drops carrier oil.

See additional precautions below.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, face and sensitive areas.

### Application Methods

A Aromatic T Topical I Internal H Home Care

### Skin Sensitivity

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