

Eucalyptus

Eucalyptus spp. 15 mL

dōTERRA®

Product Information Page



CPTG

Application: A T D

Ingredients: *Eucalyptus radiata*, *Eucalyptus polybractea*,

Eucalyptus kochii, *Eucalyptus loxophleba*, *Eucalyptus globulus*

Aromatic Description: Camphoraceous, Medicinal, Herbaceous

Primary Benefits

- + Creates a calm atmosphere during stressful circumstances
- + May have cleansing properties due to its main constituent 1,8 cineole
- + May 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 unique species to create its proprietary *Eucalyptus*: *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. The camphoraceous, herbaceous aroma can be revitalizing. Due to the oil's main constituent, 1,8 cineole, Eucalyptus also has cleansing properties. Use aromatically or topically to promote feelings of clear breathing and open airways. Eucalyptus also adds to a soothing massage.

Uses

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

Directions

Aromatic use: Add three to four drops to the diffuser of your choice.

Topical use: To apply topically, dilute one 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.