

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 support the respiratory system when inhaled
- + May have cleansing properties due to its main constituent 1,8 cineole
- + Provides a cooling sensation, which 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 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. Traditionally, eucalyptus oil has been used to support the respiratory system and current research supports this use. Use in a diffuser or apply topically to promote feelings of clear breathing and open airways. The camphoraceous, herbaceous aroma be revitalizing and may improve mood and cognitive performance, according to emerging clinical research studies. 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

N Neat D Dilute S Sensitive Skin