

Eucalyptus, peppermint

General Properties

- antibacterial
- anti-inflammatory
- antiseptic
- decongestant
- expectorant
- immuno-stimulant

Description

Eucalyptus, radiata (also known as gray peppermint) is steam distilled from the leaves and twigs of the tree to produce an oil that is pale yellow in color. Its countries of origin are Australia and Tasmania. Traditional uses include: deodorant, antiseptic, immunostimulant. Eucalyptus radiata is regarded as the most useful eucalyptus. It has a more pleasant scent, is more easily assimilated by the body and is less likely to cause irritation on the skin. Its main chemical constituents are eucalyptol (about 70%) with terpineol and some other alcohols and monoterpenes. This particular eucalyptus is antibiotic, antiseptic, and anti-viral making it a great oil for viral infections, colds, bronchitis as well as muscular strains and rheumatism. It helps to keep the air germ free when used in a vaporizer. This genus of eucalyptus is great for treating sinus conditions as it can be inhaled most deeply without triggering the cough reflex. It is the oil of choice when dealing with infections high in the chest. It is a good immunostimulant, great for use by individuals who are run down, and prone to colds, etc. It is a very powerful bactericide and anti viral. This makes it excellent as an inhalation for colds as it eases nasal congestion while inhibiting the growth of the cold virus. A room spray containing 2% eucalyptus essential oil will kill 70% of airborne staphylococci. Eucalyptus is also a great natural insect repellent (mosquitoes hate it!) and it is useful when combined with Bergamot when treating both herpes simplex and complex. Eucalyptus blends well with Coriander, Juniper berry, Lavender, Lemon, Lemongrass, Pine and Thyme.

Specific Cautions

Avoid in the first trimester of pregnancy.

References

Information about this essential oil came from the following sources:

1. Worwood, Valerie Ann. *The Fragrant Pharmacy*. (Toronto: Bantam Books, 1990)
2. Davis, Patricia. *Aromatherapy: An A-Z*. (United Kingdom: Saffron Walden, 1988)
3. Tisserand, Robert and Tony Balacs. *Essential Oil Safety*. Edinburgh: Churchill Livingstone, 1995)

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