



Eucalyptus Essential Oil

by
The Reformed Bohemian



Table of Contents

1. About Eucalyptus Essential Oil	3
2. Healing properties	4
3. Ways to use	5
4. Blends	8
5. Side effects	9
6.. About the Reformed Bohemian	10

Find out more at www.reformedbohemian.com



Eucalyptus Essential Oil

Eucalyptus oil has a sweet menthol scent, it has a soothing and calming effect on the whole body and helps with the immune system, particularly good for treating colds and congestion.

About Eucalyptus

Eucalyptus oil is a powerful antiseptic, analgesic, anti-viral, balsamic, decongestant, diuretic, insecticide and has anti-inflammatory properties as well.

This versatile oil can relieve respiratory tract infections such as bronchitis and for coughs, sore throat, sinusitis. Due to its anti-inflammatory and analgesic properties it also has great benefits for conditions such as arthritis and rheumatism and for strained, aching muscles.

Eucalyptus oil's diuretic properties also make it effective in relieving urinary tract infections such as cystitis. It is also effective in relieving skin infections, migraines and herpes.

Another useful use for Eucalyptus oil is as an insecticide and mosquito repellent.



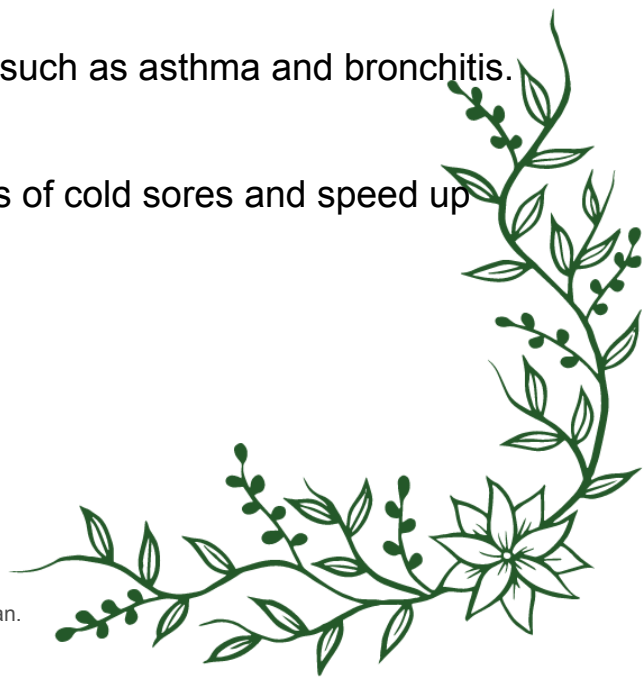
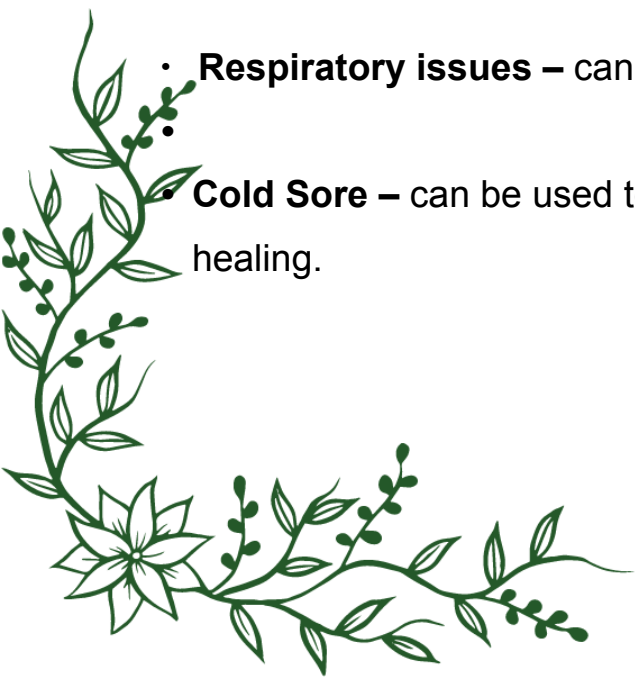
Healing Properties Of Eucalyptus Essential Oil

Eucalyptus essential oil has the following healing properties:

Properties

Powerful antiseptic, analgesic, anti-inflammatory, anti-viral, balsamic, decongestant, anti-rheumatic, diuretic and insecticide

- **Urinary tract infections** – its diuretic properties help relieve conditions such as cystitis.
- **Ease joint and muscle pain** – can relieve pain and stiffness associated with Arthritis and rheumatism and tired aching muscles due to its anti-inflammatory and analgesic properties.
- **Insecticide** – can be used as an insect and mosquito repellent.
- **Congestion** – can be used to relieve symptoms of congestion such as sinusitis and colds.
- **Skin conditions** – due to its antiseptic properties it is good for relieving skin conditions such as acne and for minor cuts and scrapes.
- **Respiratory issues** – can relieve conditions such as asthma and bronchitis.
- **Cold Sore** – can be used to relieve symptoms of cold sores and speed up healing.



Ways to use Eucalyptus Essential Oil

Diffuse

- Eucalyptus essential oil can be used in diffusers or oil burners. Using Eucalyptus essential oil in this way is particularly beneficial in relieving headaches and migraines, hayfever and frequent sneezing as well as boosting concentration, focus and clearing the mind and respiratory conditions such as asthma, bronchitis, mucous congestion, colds, headaches, sinusitis and catarrh. Eucalyptus is also a good insecticide with diffusing helping to keep insects at bay.

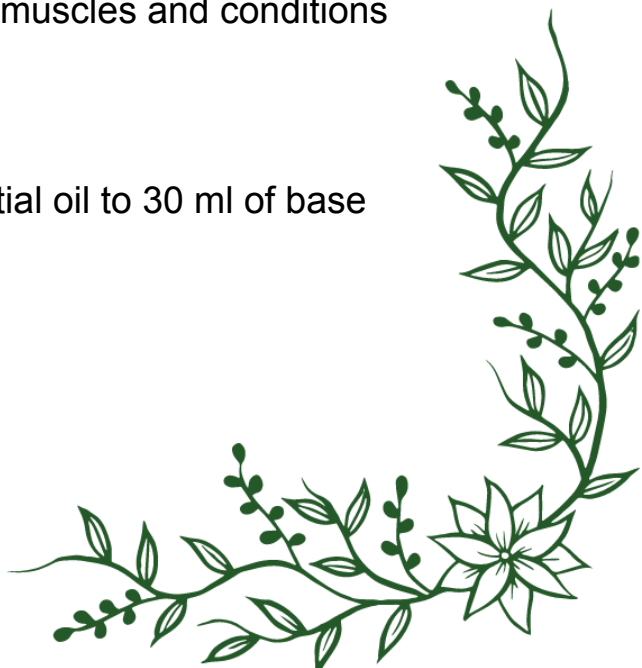
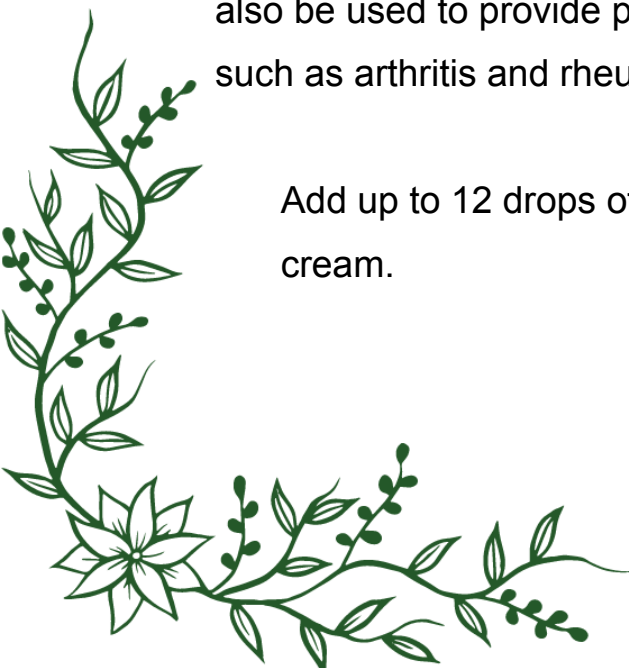
Diffuse 1 - 3 drops of Eucalyptus essential oil in an oil burner or diffuser

Note: this may be too strong for children, it is advisable not to have the diffuser in the room they sleep in.

Cream

- Adding a few drops of Eucalyptus oil to a base cream is a great way of using Eucalyptus oils antiseptic properties to treat minor cuts and scrapes and also as an effective mosquito and insect repellent. It can also be used to provide pain relief to aching muscles and conditions such as arthritis and rheumatism.

Add up to 12 drops of Eucalyptus essential oil to 30 ml of base cream.



Inhalation

- Inhaling Eucalyptus essential oil is effective in helping to relieve symptoms associated with asthma, sinusitis and respiratory tract infections such as colds and flu, asthma, bronchitis, mucous congestion, colds, headaches, sinusitis and catarrh. Steam inhalation helps to clear congestions in your head, nose and chest.

Simply add 1 -3 drops of Eucalyptus essential oil in a bowl of hot water, place a towel or blanket over your head and shoulders to your head over the bowl and inhale for 5 – 10 minutes.

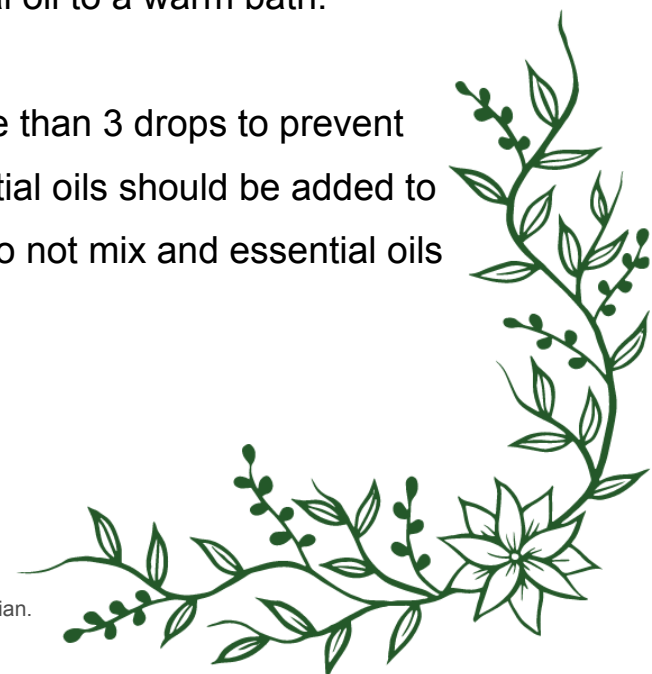
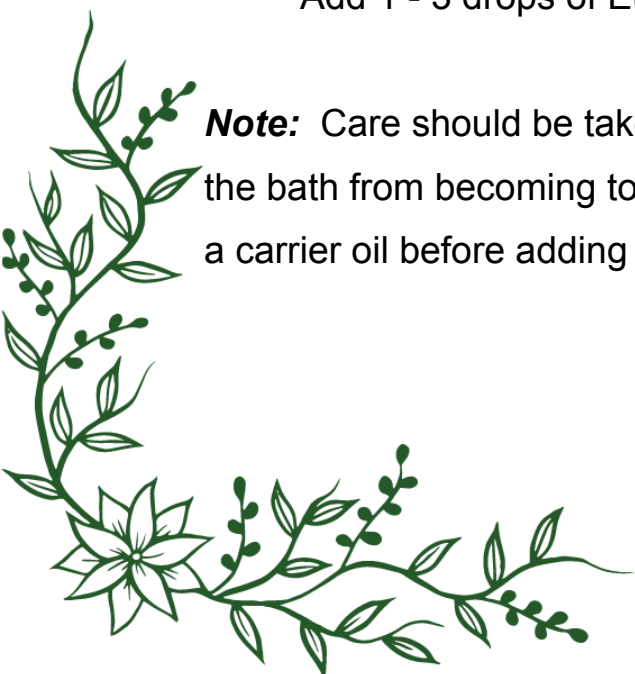
Note: Steam inhalation may be too strong for children, instead place the bowl in the room or close by and allow the steam to infuse in the air.

Bath

- Eucalyptus essential oil can be added to a warm bath to relieve muscle aches, arthritis and rheumatism as well as respiratory conditions such as asthma, bronchitis, mucous congestion, colds, headaches, sinusitis and catarrh

Add 1 - 3 drops of Eucalyptus essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils



Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles, massaging with Eucalyptus essential oil can be especially beneficial for conditions such as arthritis and rheumatism

Adults - up to 7 drops of Eucalyptus essential oil in 1 tbsp of carrier oil.

Children over 2 years old - up to 3 drops of Eucalyptus essential oil in 1 tbsp of carrier oil.

Gargle

- When very diluted eucalyptus oil can be used to soothe sore throats.

Add 1 – 3 drops of Eucalyptus essential oil to a glass of water and gargle, ensuring not to swallow



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Eucalyptus goes particularly well with oils such as:

- Benzoin
- Thyme
- Lavender
- Lemongrass
- Lemon
- Pine



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Eucalyptus should not be used with Homeopathic remedies because Eucalyptus is very strong and can cause adverse reactions with homeopathic treatments.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Eucalyptus is one such oil.



About *The Reformed Bohemian*

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





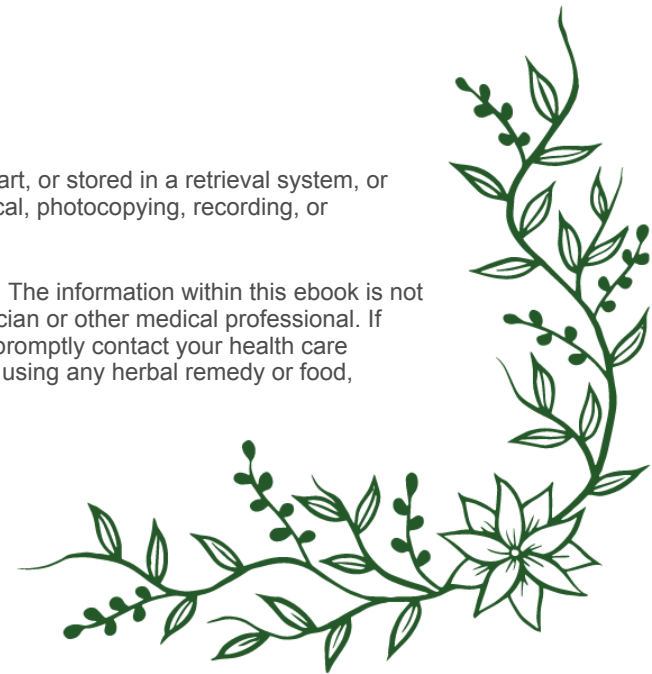
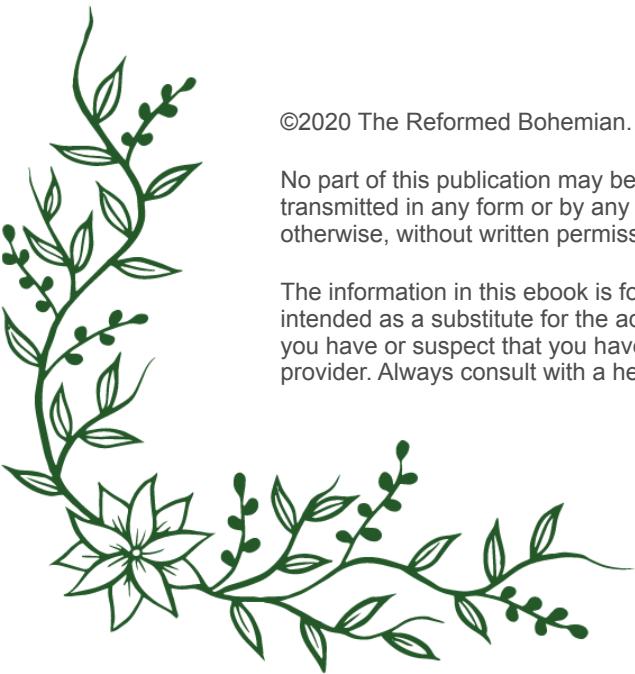
The Reformed Bohemian
Health & Well-Being Powered By Nature



Find out more at

www.reformedbohemian.com

email: hello@reformedbohemian.com



©2020 The Reformed Bohemian. All rights reserved.

No part of this publication may be reproduced in whole or in part, or stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission of the author.

The information in this ebook is for educational purposes only. The information within this ebook is not intended as a substitute for the advice provided by your physician or other medical professional. If you have or suspect that you have a serious health problem, promptly contact your health care provider. Always consult with a health care practitioner before using any herbal remedy or food,

