

Eucalyptus Blending Kit

Eucalyptus has long been prized by aboriginal Australians for its well-known and wide-ranging health benefits. It is native to Australia but has spread in the past few centuries to other parts of the world including India, Europe, and South Africa. Though many countries produce eucalyptus oil, the prime source is still Australia. Eucalyptus Essential Oil is steam distilled from the leaves and twigs of the tall, evergreen eucalyptus tree. The tree is also known as fever tree, blue gum tree, or stringy bark tree depending on where it is located in the world.*

Due to its wide-ranging therapeutic properties, eucalyptus oil is used in a variety of over-the-counter products including rubs, inhalers, liniments, rash creams, and mouthwashes. It has anti-inflammatory, antispasmodic, decongestant, deodorant, antiseptic, antibacterial, and stimulant properties. Aboriginal Australians used Eucalyptus to heal wounds, cure fungal infections, and as a fever reducer. Chinese, Greek, European, and Ayurvedic medicine later adopted Eucalyptus as a disinfectant and expectorant.*

Eucalyptus Essential Oil has also been found to have potential as a treatment for diabetes. Not much is known at this time about its use in the treatment of diabetes, but many experts believe it may play a role in lowering blood sugar.*

Eucalyptus Essential Oils can be used in a variety of ways including aromatically, topically, or internally. Please refer to each individual oil's datasheet for specific safety group and usage information.*



Eucalyptus Radiata

Safety Group #1

Eucalyptus Radiata is primarily an Essential Oil for the respiratory system as it has good antitarrhal properties. It is a powerful expectorant and mucolytic with good ability for fluidification. It is a gentle yet effective Essential Oil for respiratory problems and is more easily tolerated by children than Eucalyptus Globulus. It is equally useful for elimination of viruses and to support the entire respiratory system. Eucalyptus Radiata is a strong antiseptic, yet it is non-toxic. A good anti-viral and an energizer to the body, it can assist the body with chronic fatigue and immune deficiency. It has a refreshing and stimulating action on the mind, helping to improve concentration. Eucalyptus Radiata is also associated with the relief of grief and sorrow, as well as with opening the heart and intellect while equalizing the emotions.*

Eucalyptus Citriodora

Safety Group #3

Eucalyptus Citriodora, also known as Lemon Eucalyptus, is a highly effective natural insect repellent, excellent for use instead of products containing DEET. It is often preferred over citronella oil due to its citronellal and citronellol content. Historically it has been used in sachets and cupboards to repel moths, cockroaches, and silverfish. It is also an excellent aid for insect bites and lice. Of great benefit as an air purifier and freshener when diffused. Eucalyptus Citriodora is excellent in musty or humid areas, particularly where mold is a problem. It is a potent antifungal, antiviral, and antibacterial oil, and is a helpful aid for respiratory conditions and infectious diseases such as asthma, laryngitis, chickenpox, colds, fever, sore throat, and Staphylococcus aureus. Also effective against fungal infections (including athlete's foot); beneficial to skin problems such as burns, blisters, wounds, herpes, and has been helpful in eliminating dandruff.*

Eucalyptus Globulus

Safety Group #4

This variety of Eucalyptus is a potent respiratory oil beneficial in treating bacterial infections, colds, flu, sinusitis, bronchitis, asthma, and chronic cough. It has strong decongestant action due to a high concentration of 1,8 cineole. It also possesses antibacterial and anti-inflammatory abilities and is of benefit in reducing fever. Eucalyptus globulus is highly expectorant, mucolytic, and antiseptic and has been used successfully against bronchitis and bronchial pneumonia. It has been shown to be a powerful germ killer and is effective in eliminating certain strains of staph. It's an excellent Essential Oil to use in the dishwasher to kill germs that wouldn't otherwise be eliminated. Eucalyptus globulus is an excellent pain reliever of benefit to arthritis, rheumatism, ligament damage, and muscular aches and pains; blend with carrier or massage oil prior to application.*

Pure Plant Promise

goDésana pure plant ingredients are never tested on animals, are always free of chemicals, synthetics, preservatives, stabilizers, potassium sorbate, phthalates, petroleum, sulfates, silicones, parabens, mineral oil, triclosan, and animal products.


feel the pure plant difference

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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Fever Reduction

- 6 drops Eucalyptus radiata
- 1 pint of lukewarm water

Mix well and pour into glass bowl. Give the patient a sponge bath with the Eucalyptus water to help reduce the fever.*

Serious Infection Not Responding to Treatment

- 1 drop Eucalyptus radiata
- 1 drop Tea Tree
- 1 drop Ravintsara
- 1 teaspoon Olive Oil

For children 3 years and older. Mix oils together and store in a cobalt blue glass bottle with orifice reducer. From this diluted mixture, add 1 to 2 drops to a tablespoon of applesauce and give to the child 3 times a day. For children under three years of age, the oils should be applied to the soles of the feet. These oils are non-toxic when used as recommended.*

Anti-Acne Skin Tonic

- 4 drops Lavender, fine
- 4 drops Tea Tree
- 4 drops Eucalyptus Citriodora
- 1 ounce Jojoba

Mix and store in a 1-ounce cobalt blue glass or PET plastic bottle. Apply a small amount to affected area and rub gently. After 3 minutes gently remove any oil not absorbed. Leave skin exposed to the air as much as possible.*

Anti Inflammatory Massage Blend

- 1½ ounces Sesame Oil
- ½ ounce Jojoba
- 2 drops Helichrysum
- 5 drops Roman Chamomile
- 10 drops Lavender, fine
- 10 drops Eucalyptus Citriodora

Mix and store in a cobalt blue glass or PET plastic bottle. Apply affected areas, massaging thoroughly. Repeat as needed.*

Anti Inflammatory Bath Blend

- ½ cup Dead Sea Salt
- 10 drops Lavender Chamomile Blend
- 5 drops Eucalyptus Citriodora

Mix Essential Oils into the salt and then add the mixture to a tub of warm water. Soak 10-15 minutes, keeping the water warm.*

Anti-infectious Foot Soak

- ½ cup Dead Sea Salt
- 20 drops Tea Tree
- 10 drops Eucalyptus Radiata
- 10 drops Palmarosa
- 3 drops Peppermint

Mix Essential Oils with salt and then add to tub of hot water (between 100 and 104 degrees). Soak between 10 and 15 minutes. Repeat 2 to 3 times per day until you see improvement, then twice per day until the infection is completely cleared up.*

Immune Boosting Foot Soak

- ¼ cup Dead Sea Salts
- 5 drops Eucalyptus Radiata
- 5 drops Ravintsara
- 5 drops Tea Tree
- 5 drops Palmarosa
- 3 drops Bay Laurel

Mix Essential Oils with salt and then add to tub of hot water (between 100 and 104 degrees). Use 2 to 3 times per week for prevention. Soak twice per day if you come down with a cold or the flu. This is very effective for those with a weak immune system, especially during cold and flu season.*

Cold and Flu Linen Spray

- 15 drops Palmarosa
- 5 drops Eucalyptus Globulus
- 4 ounces Distilled Water

When in bed with the flu, spray bedding to kill germs and to lift your spirits; Palmarosa is very uplifting.*

Stuffy Cold Diffuser Blend

- 3 drops Lavender Chamomile Blend
- 5 drops Eucalyptus Radiata
- 3 drops Lemon

Diffuse into the room while your child is sleeping to relieve symptoms and assist with restful sleep.*

Dust Mite & Bug Spray

- 6 drops Eucalyptus Globulus
- 6 drops Scotch Pine
- 6 drops Balsam Fir
- 4 ounces Distilled Water

Mix in a cobalt blue glass or PET plastic spray bottle and use to spray pillows, upholstered furniture, curtains, etc. Shake well before use. Test in an inconspicuous spot and do not spray on fabrics like silk that can water-spot.*

Standards of Quality

All ingredients in goDésana products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible. Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

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