

Eucalyptus Globulus

Eucalyptus globulus

This variety of Eucalyptus, known as the Blue Gum Tree, 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.

Powerful antiseptic properties strengthen as the oil ages. Good psychological abilities aid in lifting mood, easing stress or anxiety, and restoring emotional balance; a mental stimulant which can aid focus and concentration.

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.

general uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

INHALATION

- Inhale a drop or two from a tissue or cotton ball as needed.

DIFFUSION

- Diffuse 10 to 20 drops in a cold air nebulizing diffuser for up to 20 minutes every hour to kill airborne bacteria, ease congestion, lift and support mood and emotional balance, or aid focus and concentration.

MESSAGE/TOPICAL

- Dilute 2 drops per 1 teaspoon carrier or massage oil and massage into back or chest for respiratory relief.
- May be used neat for a chest and back rub, or mixed with carrier or massage oil.
- Dilute 50/50 with carrier or massage oil for applying to large areas.
- Use Eucalyptus globulus for disinfectant benefits. Add to household cleaners; 12-15 drops to bucket of water for cleaning floors, disinfecting garbage pails, etc. Add 10 drops to the dishwasher each wash cycle for eliminating germs.

BATH

- Add 5-6 drops to ½ cup Dead Sea Salts and stir into warm water for a fever-reducing bath.
- Use 5-6 drops in ¼ cup Dead Sea Salts for a cooling, soothing foot bath.

pregnancy & children

TOPICAL

- Infant to 3 months - not recommended
- 3 months to 2 years - not recommended
- 3 years to 5 years - not recommended
- 6 years to 10 years - safe when used as directed
- Pregnancy - not recommended

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attributes

Producing Organ: *Leaves*

Extraction: *Steam Distillation*

Country of Origin: *China*

Therapeutic Properties: *Anti-infectious, antibiotic, antifungal, antineuralgic, antirheumatic, antiseptic, antispasmodic, antiviral, balsamic, cicatrizant, decongestant, deodorant, depurative, diuretic.*

dilution guidelines

Topical dilution for healthy individuals ages 10 and up is 10%.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce

responsible cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.
- Eucalyptus globulus is not recommended for internal use. Not to be applied to the face, particularly the nose. Not recommended for use with infants or children under 10; use Eucalyptus radiata instead. Not for use during pregnancy and by those with high blood pressure or epilepsy. May neutralize homeopathic remedies; do not use simultaneously nor store together.

availability

10ml Bottle



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure, Certified Organic and Wildcrafted. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

DISCLAIMER

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 health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
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