

EUCALYPTUS GLOBULUS

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Country of Origin: China

Steam Distilled from leaves

Eucalyptus Globulus (*Eucalyptus globulus*) is a steam-distilled oil drawn from the leaves of the blue gum tree, known for its strong, penetrating aroma and its pronounced affinity for the respiratory system. Naturally high in 1,8-cineole, it carries a powerful clearing character and is used to support open breathing, reduce congestion, and promote a more unobstructed, functional state.

Its aroma is sharp, camphoraceous, and intensely fresh, with a cooling, expansive quality that moves quickly through the system. It is often used when congestion is thick, stagnant, or persistent, or when the body feels weighed down by environmental or seasonal stressors.

In both aromatic and traditional use, eucalyptus globulus has been regarded as a direct, fast-acting oil supporting respiratory clarity, environmental cleansing, and physical recovery. It works with intensity, helping clear buildup, stimulate movement, and restore a sense of openness and flow in both breath and body.

FUNCTIONAL CONSTITUENTS

1,8-Cineole (Eucalyptol) The dominant oxide in eucalyptus globulus, 1,8-cineole is responsible for its strong, penetrating, and clearing character. It is closely associated with supporting open airways, reducing congestion, and promoting efficient respiratory function, while also contributing to mental alertness and a more awake, responsive state.

Alpha-Pinene A monoterpene that adds a sharp, fresh edge to the oil's profile. Alpha-pinene is known for its role in supporting respiratory clarity and healthy inflammatory response, while also contributing to the oil's antimicrobial and purifying properties.

Limonene Present in smaller amounts, limonene brings a subtle brightness to the oil and supports its cleansing and uplifting qualities. It is associated with environmental purification and helping create a lighter, more refreshed overall state.

Clinical Studies: <https://pmc.ncbi.nlm.nih.gov/articles/PMC10183087/>
<https://pubmed.ncbi.nlm.nih.gov/35294302/>
<https://pubmed.ncbi.nlm.nih.gov/14611892/>



HOW WE SOURCE

Eucalyptus globulus oil is shaped by the quality of the leaf and the conditions in which it is grown. We look for Eucalyptus globulus cultivated in warm, dry climates where the plant can develop a strong, cineole-rich profile.

The leaves are harvested and steam distilled to preserve their volatile compounds. Because this oil is defined by its clarity and intensity, proper handling is essential. We look for oil that is sharp, clean, and powerfully fresh... never flat, muted, or overly harsh with off-notes..

OUR EUCALYPTUS GLOBULUS IS:

- ✓ Steam distilled from fresh leaves
- ✓ Unrefined and not standardized
- ✓ High in naturally occurring 1,8-cineole
- ✓ Sourced for a strong, clear profile
- ✓ Sharp, camphoraceous, and penetrating

We look for oil that delivers immediate clarity and a clean, powerful aromatic lift, an indicator of proper harvest and precise distillation. Flat, muddy, or off-note oil signals poor handling or degraded material, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Clean, camphoraceous aroma*
- Strong, penetrating freshness*
- Clear, well-defined profile*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Flat or muted scent*
- Sour, medicinal off-notes*
- Adulterated/extended oil*
- Clear or plastic packaging*

HOW TO USE EUCALYPTUS GLOBULUS

Eucalyptus globulus is commonly used when the goal is strong respiratory support, environmental cleansing, and clearing heavy congestion. It is best suited for aromatic and topical use.

Aromatic

Diffuse 2–4 drops or inhale in short intervals. Commonly used to help open airways, reduce congestion, and refresh the environment.*

Environmental

Add a few drops to cleaning water or surfaces. Often used to support a cleaner, more purified space.*

Topical

Dilute with a carrier oil and apply to chest, upper back, or soles of the feet. Commonly used to support easier breathing and relieve chest tightness.*

Steam Inhalation

Add 1–2 drops to a bowl of hot water and inhale gently. Often used for thick, stubborn congestion and to promote clearer breathing.*

WHAT IT SUPPORTS

Eucalyptus globulus is traditionally used when the goal is strong respiratory clearing, environmental purification, and restoring movement in a congested system. It supports:

- Open airways and clear breathing*
- Reduction of heavy or persistent congestion*
- Healthy respiratory function during seasonal stress*
- Environmental cleansing and microbial balance*
- Mental alertness and a more responsive state*

Used appropriately, it helps the body feel clearer, more open, and better able to move air and energy, supporting both respiratory efficiency and overall functional clarity.

EUCALYPTUS GLOBULUS IN THE STILLROOM

Eucalyptus globulus has long been kept in the stillroom as a clearing, corrective oil to be used when the system feels congested, burdened, or slow to respond. Distilled from the leaves of Eucalyptus globulus, it is associated with opening the breath, cutting through buildup, and restoring functional movement in the body.

It is often reached for during periods of heavy congestion, environmental exposure, or physical fatigue. This is not a subtle oil. It works quickly and directly, helping break up stagnation and stimulate flow. Used in small amounts, it supports a clearer, more open state without lingering heaviness.

MORE WAYS TO USE EUCALYPTUS GLOBULUS

Shower Steam

Add 1–2 drops to the shower floor (away from direct stream). Steam disperses the oil to help open airways and ease congestion.*

Chest Balm Blend

Combine with a carrier oil and apply to chest and upper back before rest. Often used to support easier breathing overnight.*

Air Reset

Diffuse in short bursts after illness or in closed spaces. Commonly used to refresh air and reduce lingering odors.*

Hot Compress

Add 1 drop to warm water, soak a cloth, and place over chest. Often used to help loosen tightness and support respiratory comfort.*

Surface Refresh

Add a few drops to a damp cloth for wiping high-touch surfaces. Often used to support a cleaner, more purified environment.*

CAUTIONS

- Safety Group 4: Never recommended for children or while pregnant or nursing.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

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.

