

EUCALYPTUS RADIATA

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Country of Origin: Australia
Steam Distilled from leaves

Eucalyptus Radiata (*Eucalyptus radiata*) is a steam-distilled oil drawn from the leaves, valued for its fresh, slightly softer aroma and its broad support of the respiratory and immune systems. Naturally rich in 1,8-cineole with balancing compounds like alpha-terpineol, it carries a clearing yet gentler character, known for supporting open breathing, easing congestion, and promoting a more comfortable, steady state.

Its aroma is clean, bright, and lightly camphoraceous, with a smoother, less aggressive edge than other eucalyptus varieties. It is often used when the system needs respiratory support without intensity, particularly during seasonal challenges or when working with more sensitive individuals.

In both aromatic and traditional use, eucalyptus radiata has been regarded as a versatile, approachable oil supporting respiratory clarity, immune response, and overall balance. It works with a lighter touch, helping restore ease and openness while maintaining a calm, supported system.

FUNCTIONAL CONSTITUENTS

1,8-Cineole (Eucalyptol) A primary oxide in eucalyptus radiata, 1,8-cineole contributes to its fresh, clearing character. It is associated with supporting open airways, easing congestion, and promoting comfortable, efficient breathing, while also helping maintain mental clarity.

Alpha-Terpineol A monoterpene alcohol that softens and rounds the oil's profile. Alpha-terpineol is known for its gentle antimicrobial and immune-supportive qualities, while also contributing a mild calming effect that makes radiata more approachable and less aggressive than other eucalyptus types.

Limonene Present in smaller amounts, limonene adds a light, uplifting brightness to the oil. It supports the oil's cleansing and refreshing qualities, helping to create a more balanced and comfortable respiratory and environmental state.

Clinical Studies: <https://pmc.ncbi.nlm.nih.gov/articles/PMC11799053/>
<https://pubmed.ncbi.nlm.nih.gov/38451631/>
<https://pubmed.ncbi.nlm.nih.gov/21591991/>



HOW WE SOURCE

Eucalyptus radiata oil is shaped by the quality of the leaf and the conditions in which it is grown. We look for Eucalyptus radiata cultivated in clean, stable environments where it can develop a balanced, well-rounded profile.

The leaves are harvested and steam distilled to preserve their volatile compounds. Because this variety is valued for its clarity and gentler character, proper handling is essential. We look for oil that is clean, fresh, and smoothly camphoraceous, never sharp, harsh, or overpowering.

OUR EUCALYPTUS RADIATA IS:

- ✓ Steam distilled from fresh leaves
- ✓ Unrefined and not standardized
- ✓ Naturally balanced in 1,8-cineole
- ✓ Sourced for a smooth, gentle profile
- ✓ Fresh, clean, and softly camphoraceous

We look for oil that delivers clear respiratory support with a softer, more approachable aroma, an indicator of proper harvest and controlled distillation. Harsh or overly sharp oil suggests poor balance, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Lightly camphoraceous aroma*
- Smooth, well-balanced profile*
- Gentle, balanced character*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Sharp or harsh scent*
- Overly medicinal profile*
- Adulterated/extended oil*
- Clear or plastic packaging*

HOW TO USE EUCALYPTUS RADIATA

Eucalyptus radiata is commonly used when the goal is gentle respiratory support, immune balance, and everyday use across a wider range of individuals. It is well suited for aromatic and topical use.

Aromatic

Diffuse 3–5 drops or inhale as needed. Often used to support clear breathing, especially during seasonal discomfort or at night.*

Topical

Dilute with a carrier oil and apply to chest, upper back, or along the spine. Commonly used to support respiratory comfort and overall system balance.*

Bath

Add 3–5 drops to bath salts before dispersing in warm water. Often used to relax the body while supporting open, comfortable breathing.*

Inhalation

Add 1–2 drops to a personal inhaler or tissue. Often used for ongoing, gentle respiratory support throughout the day.*

WHAT IT SUPPORTS

Eucalyptus radiata is traditionally used when the goal is gentle respiratory support, immune balance, and maintaining comfort without overwhelming the system. It supports:

- Clear, comfortable breathing*
- Reduction of mild or developing congestion*
- Healthy immune response during seasonal stress*
- Respiratory support for sensitive individuals*
- A calm, steady, and responsive state*

Used consistently, it helps the body feel more open, supported, and balanced, promoting respiratory ease and overall system comfort without intensity.

EUCALYPTUS RADIATA IN THE STILLROOM

Eucalyptus radiata has long been kept in the stillroom as a gentle clearing oil to be used when the system needs support without intensity. Distilled from the leaves of Eucalyptus radiata, it is associated with easing congestion, supporting comfortable breathing, and maintaining a balanced, responsive state.

It is often reached for during seasonal discomfort or when working with more sensitive individuals. This is not a forceful oil. It works steadily, helping open the breath and encourage flow without overwhelming the system. Used in small amounts, it supports a clearer, more comfortable state with a lighter touch.

MORE WAYS TO USE EUCALYPTUS RADIATA

Bedtime Diffusion

Diffuse in short intervals before sleep. Often used to support easier breathing and a more restful night.*

Child-Friendly Chest Blend

Dilute with a carrier oil and apply lightly to chest or back. Commonly used to support gentle respiratory comfort.*

Shower Steam

Add 1–2 drops to the shower floor. Steam disperses the oil to help open breathing without overwhelming intensity.*

On-the-Go Inhalation

Apply 1 drop to a tissue or personal inhaler. Often used for steady, mild respiratory support throughout the day.*

Seasonal Support Blend

Combine with lavender or tea tree in a diffuser. Commonly used to support immune balance and a clean, comfortable environment.*

CAUTIONS

- Safety Group 1: Generally regarded as safe when properly diluted and used as directed with children and 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



10 mL / 0.34 fl oz