

# LEMON EUCALYPTUS

## EUCALYPTUS CITRIODORA

Country of Origin: China

Steam Distilled from leaves and twigs

Lemon Eucalyptus (*Eucalyptus citriodora*) is a steam-distilled oil drawn from the leaves and twigs, valued for its bright, citrus-leaning aroma and its strong role in environmental freshness and outdoor support. Naturally high in citronellal, it carries a clean, expansive character that is known for refreshing the air, supporting comfortable breathing, and helping create a more open, clear atmosphere.

Its aroma is crisp, fresh, and lightly lemony with a soft green edge, offering clarity without the intensity of more camphoraceous eucalyptus varieties. It is often used when spaces feel heavy, humid, or stagnant, or when a cleaner, more breathable environment is needed both indoors and outdoors.

In both aromatic and traditional use, lemon eucalyptus has been regarded as a functional environmental oil, supporting air quality, mental clarity, and natural outdoor protection. It works by clearing the atmosphere and encouraging movement, helping restore a sense of freshness, openness, and ease in both the body and the surrounding space.

## FUNCTIONAL CONSTITUENTS

**Citronellal** The primary aldehyde in lemon eucalyptus, citronellal gives the oil its distinct fresh, lemony aroma. It is strongly associated with natural insect-repelling properties, while also contributing to the oil's ability to refresh the air and support a clean, open environment.

**Citronellol** A monoterpene alcohol that adds a soft, slightly floral sweetness to the profile. Citronellol is known for its calming and skin-supportive qualities, helping balance the sharper edge of citronellal while supporting overall comfort.

**Isopulegol** Present in smaller amounts, isopulegol contributes a cooling, lightly minty undertone. It is associated with supporting comfortable breathing and reinforcing the oil's fresh, clearing effect on both the air and the senses.

**Clinical Studies:** <https://pubmed.ncbi.nlm.nih.gov/41449889/>  
<https://pubmed.ncbi.nlm.nih.gov/31800886/>  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC6163473/>



## HOW WE SOURCE

Lemon eucalyptus oil is shaped by the quality of the leaves and the conditions in which the trees are grown. We look for *Eucalyptus citriodora* cultivated in warm, sun-rich climates where the plant can develop a high citronellal content and a clean, well-balanced aromatic profile.

The leaves and twigs are harvested, then steam distilled to preserve their volatile compounds. Because this oil is valued for its clarity and freshness, careful timing and handling are essential. We look for oil that is bright, clean, and distinctly lemony with a soft green edge, never harsh, overly sharp, or lacking balance.

## OUR LEMON EUCALYPTUS IS:

- ✓ Steam distilled from leaves and twigs
- ✓ Unrefined and not standardized
- ✓ Naturally high in citronellal
- ✓ Harvested for freshness and clarity
- ✓ Bright, lemony, and softly green

We look for oil that carries a clean, citrus-forward profile with a smooth, refreshing edge, an indicator of proper growing conditions and careful distillation. Harsh, overly sharp, or imbalanced oil suggests poor handling or low citronellal content, and we avoid it.

## WHAT TO LOOK FOR VS. WHAT TO AVOID

### Look For:

- Steam distilled\*
- Bright, lemony aroma\*
- Fresh, clean profile\*
- Smooth, lightly green edge\*
- Stored in dark glass\*

### Avoid:

- Solvent extracted\*
- Sharp or harsh scent\*
- Flat or dull aroma\*
- Adulterated/extended oil\*
- Clear or plastic packaging\*

## HOW TO USE LEMON EUCALYPTUS

Lemon eucalyptus is commonly used when the goal is refreshing the air, supporting comfortable breathing, and creating a cleaner, more open environment. It is best suited for aromatic, environmental, and topical use.

### Aromatic

Diffuse 3–5 drops or inhale directly. Often used to refresh stagnant air and promote a lighter, more breathable environment.\*

### Environmental

Add to water or spray blends and mist around living spaces. Commonly used to support air freshness and reduce musty or humid conditions.\*

### Topical (Outdoor Use)

Dilute with a carrier oil and apply to exposed skin. Often used as a plant-based option for outdoor comfort and protection.\*

### Shower Steam

Add 1–2 drops to the shower floor. Steam releases the aroma to help open the airways and refresh the senses.\*

## WHAT IT SUPPORTS

Lemon eucalyptus is traditionally used when the goal is refreshing the environment, supporting comfortable breathing, and maintaining a clean, open atmosphere. It supports:

- Fresh, clean indoor air and reduced stagnation\*
- Comfortable breathing and respiratory ease\*
- A lighter, more open environmental state\*
- Mental clarity and alertness\*
- Natural outdoor protection and skin comfort\*

Used consistently, it helps both the body and environment feel clearer, fresher, and more breathable, supporting air quality, comfort, and overall sensory clarity.

## CAUTIONS

- Safety Group 3: Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.
- 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.*

## LEMON EUCALYPTUS IN THE STILLROOM

Lemon eucalyptus has long been kept in the stillroom as an air-clearing, boundary-setting oil to be used when spaces feel stagnant, humid, or exposed. Distilled from the leaves and twigs of Eucalyptus citriodora, it is closely associated with refreshing the atmosphere, supporting comfortable breathing, and creating a cleaner, more open environment.

It is often reached for in closed or high-traffic spaces, as well as during time spent outdoors where protection is needed. This is not a heavy or medicinal oil. It works with clarity, helping move air, sharpen the environment, and create a noticeable sense of space. Used in small amounts, it supports a fresher, more breathable setting while maintaining a light, clean aromatic profile.

## MORE WAYS TO USE LEMON EUCALYPTUS

### Outdoor Prep

Dilute and apply to arms and legs before heading outside. Commonly used to support a more comfortable outdoor experience.\*

### Room Reset Spray

Add to a spray bottle with water and mist after cooking or in humid areas. Often used to refresh the air and reduce lingering odors.\*

### Closet & Shoe Freshener

Add a few drops to cotton pads and place in enclosed spaces. Commonly used to keep areas smelling clean and dry.\*

### Post-Outdoor Skin Care

Dilute and apply lightly to exposed skin. Often used to soothe and refresh after time outside.\*

### Midday Air Refresh

Diffuse briefly during the day. Often used to clear mental fog and bring a fresh, open feel back to the space.\*

ZILARA

**EUCALYPTUS RADIATA**  
*eucalyptus radiata*  
STEAM DISTILLED • AUSTRALIA

**Directions:** For topical use, dilute with carrier oil and apply to desired area. For aromatic use, diffuse 3–5 minutes per hour.

**Ingredients:** Eucalyptus radiata (Eucalyptus radiata) leaf oil

**Caution:** Keep out of reach of children. Avoid contact with eyes, nose, or mouth. Store in a cool, dark place. This product is not intended to diagnose, treat, cure, or prevent any disease.



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10 mL / 0.34 fl oz