

Does Aromatherapy Work?

Does aromatherapy work or is this merely essential oils pseudoscience? Find out what science says about the benefits of aromatherapy.

The [National Association for Holistic Aromatherapy](#) describes aromatherapy as “the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit.”

Aromatherapy uses the natural, organic, aromatic compounds found in plant cells. These compounds are typically extracted from the plants using steam or water distillation. Each plant provides its own blend of these aromatic compounds. Some plants provide 20 or so compounds while other plants can provide 100 or more different compounds. The result of the distillation process is what’s called an essential oil.

Some of these natural compounds found in essential oils include:

- [Geraniol](#)
- [Geranial](#)
- [Menthol](#)
- [Limonene](#)
- [Linalool](#)
- [Eucalyptol](#)
- [Eugenol](#)

Essential oils have been used to improve health and mood for 6,000 years. The people of China, India, Egypt and Rome have all a long history essential oil use. These oils have positive physical and psychological benefits.

Aromatherapy Today

While doctors once took full advantage of essential oils, modern Western medicine has primarily focused on

pharmaceutical drugs to manage disease. But, many doctors are reawakening to the potential of natural botanicals for maintaining and restoring health.

Aromatherapy is typically administered through inhalation or through topical application such as massage.

You inhale essential oils dispersed in the air. You can disperse several drops of the essential oil in the air around you by using a diffuser or a spray. Or you can also place a few drops of an essential oil in a bowl of hot water or a bath and breathe in the vapors.

You can also dilute an essential oil with a neutral carrier oil and apply the mixture to your skin. You add a few drops of essential oil to a carrier oil such as olive oil or jojoba oil. You can just rub this on your skin or use it as a massage oil.

How Aromatherapy Works

Essential oils are made up of aromatic compounds that usually smell good. The aroma can influence your body. But, the smell is not the major reason to use aromatherapy. Molecules of these compounds enter the blood stream where they can affect all parts of the body..

The authors of the article ([Aromatherapy On Central Nerve System \(Cns\): Therapeutic Mechanism AndIts Associated Genes.](#)) which appeared in the journal *Current Drug Targets* give us the latest thoughts about how essential oils used in aromatherapy produce their effects. They indicated that:

In contrast with current oral drugs used for the treatment of psychiatric disorders, essential oils produce pharmacologic effects, not only by the absorption through the skin and upper respiratory tract (URT), but also via the sense of smell.

This simply means that molecules from the organic components of essential oils can

1. enter the bloodstream through the skin or via the lungs to influence various part of the body, or
2. affect the sense of smell so that aromas or scents can alter such states as alertness, relaxation and joyfulness.



Does Aromatherapy Work? What Does Scientific Research Say About Aromatherapy?

Since aromatherapy does not use pharmaceutical drugs, doctors are reluctant to use natural substances like essential oils in their treatment. Using unauthorized, alternative treatments methods could be a cause for disciplinary action. But, when all other remedies have been exhausted, non-traditional or alternative protocols can be used.

Such is the first study here. Cancer patients on death's door are a pretty extreme case. Here cancer patients with at least 3 months to live were permitted aromatherapy massage as a way of trying to reduce their anxiety.

Does Aromatherapy Work for Cancer Patients?

An article ([Effectiveness of Aromatherapy Massage in the Management of Anxiety and Depression in Patients With Cancer: A Multicenter Randomized Controlled Trial](#)) appearing in the *Journal of Clinical Oncology* describes this study.

The study recruited 288 very sick cancer patients with an estimated prognosis of more than 3 months. Even so, 8% of these patients died during this 10 week trial. The patients had full- or borderline-case anxiety and/or depression. Of these patients, 221 completed the final assessment.

All the patients had access to psychological support services. 144 patients also participated in the aromatherapy treatment. This aromatherapy treatment consisted of 4 scheduled weekly hour-long massage sessions using 20 essential oils and massage techniques appropriate for the patient. 20 patients received only 1 aromatherapy session while the remainder received from 2 to 4 sessions.

Initially, patients participating in the aromatherapy treatments showed highly significant ($p < 0.001$) improvements compared to non-treatment patients in their anxiety or depression. Evaluation at 6 weeks (2 weeks after the end of the aromatherapy sessions) showed significantly ($p < 0.01$) more of the aromatherapy patients improvement in their anxiety or depression scores than non-aromatherapy patients.

But, at 10 weeks, the differences between the aromatherapy and non-aromatherapy patients were negligible.

The authors conclude that, "We have shown that four weekly sessions of aromatherapy massage improves clinical anxiety

and/or depression experienced by cancer patients up to 2 weeks after the end of the intervention. This benefit is not, however, sustained at 6 weeks postintervention.”

Another study on cancer patients ([The ToT Study: Helping with Touch or Talk \(ToT \): a pilotrandomised controlled trial to examine the clinical effectiveness of aromatherapy massage versus cognitive behaviour therapy for emotional distress in patients in cancer/palliative care](#)) reported in the journal *Psycho-Oncology* reported on a comparison between aromatherapy massage and cognitive behavior therapy (CBT) for anxiety. Both aromatherapy and CBT were initially effective in significantly reducing anxiety. But, the effects of CBT persisted longer when it came to a 3 month followup.

The authors concluded: ” Both CBT and AM may be beneficial for anxiety in the short term, but CBT may have an advantage over AM for treating depression in the longer term.”

Does Aromatherapy Work for Cardiac Patients?

An article ([Effects of Aromatherapy on the Anxiety, Vital Signs, and Sleep Quality of Percutaneous Coronary Intervention Patients in Intensive Care Units](#)) in the journal *Evidence-Based Complementary and Alternative Medicine* describes how aromatherapy reduced anxiety levels of cardiac patients in the intensive care unit.

This study involved patients about to undergo “Percutaneous Coronary Intervention”. Most people know this by the older term of angioplasty. This is where a stent is inserted through a thin flexible tube into the heart to open up blood vessels in the heart.

Patients about to undergo this procedure are in the intensive care unit (ICU) of the hospital for examinations and a variety of testing procedures. They have typically experienced a heart attack with severe chest pain. They are now separated from their families and in unfamiliar surroundings. Their level of

psychological stress is high. Their stress, anxiety and insomnia can cause further heart damage, arrhythmia, and complicate their treatment and recovery.

Because aromatherapy has been shown to reduce stress and anxiety and improve sleep quality in various patients in other situations (cancer, dialyses, colonoscopy), this study assessed the value of aromatherapy in patients about to undergo stent insertion.

The experiment involved 28 patients in the aromatherapy group and 28 patients receiving traditional treatment.

The study tested the effect of a blend of lavender, roman chamomile, and neroli oil on anxiety, sleep, and blood pressure. The oils were blended at a ratio 6 : 2 : 0.5 as prescribed by an aromatherapist. Lavender reduces heart stimulation and lowers blood pressure; chamomile is calming and helps relieve stress and anxiety; neroli is calming and helps treat insomnia.

The aromatherapy group breathed in the vapors of two drops of the blend both before and after their procedure. And, an aroma scented "stone" was placed under the patient's pillow until the morning after the procedure.

The results showed a very significant ($p < 0.001$) reduction in anxiety and improvement in the sleep scores in the aromatherapy group compared to the control group. There was no significant difference in blood pressure due to aromatherapy.

The authors concluded that "aromatherapy reduced anxiety, increased sleep, and stabilized the BP of patients undergoing cardiac stent insertion."

Does Aromatherapy Work for the Immune System?

An article ([Immunological and Psychological Benefits of Aromatherapy Massage](#)) appearing in the journal *Evidence-Based*

Complementary and Alternative Medicine described an experiment to examine aromatherapy's effects on the immune system.

The experiment used subjects who experienced massage with both a carrier oil (sweet almond oil) alone or with the carrier oil with essential oils (lavender oil, cypress oil and sweet marjoram oil).

A skilled massage therapist massaged the back, shoulders, arms, hands, lower legs and feet of the subjects for about 20 minutes during each massage session. The subjects were tested and gave blood and saliva samples before and after the massage sessions.

The results showed that the stress and anxiety scores dropped after massage for both the aromatherapy group and the control massage with carrier oil only group. The CD8⁺ cells and CD16⁺ cells significantly increased after the aromatherapy massage but not after the control massage.

CD8⁺ cells (also called cytotoxic T cells) and CD16⁺ cells (human monocytes) are components of the immune system. The authors conclude that, "These results suggest that aromatherapy massage is a valuable relaxation technique for reducing anxiety and stress, and beneficial to the immune system."

Does Aromatherapy Work? More Clinical Studies Planned

The evidence indicates that aromatherapy is not simply essential oils pseudoscience. There is growing interest in aromatherapy within the medical community. This is evidenced by the results of clinical studies and the large number of clinical studies planned using aromatherapy. Here are a few such studies being planned as of this writing.

- [Aromatherapy as Treatment for Nausea and Vomiting of](#)

Pregnancy

- Investigate the Efficacy and Effectiveness of Aromatherapy for the Management of Behavioral and Psychological Symptoms of Dementia
 - 3. Investigate the Efficacy and Effectiveness of Aromatherapy for the Management of Chronic Pain
 - Aromatherapy for Integrated Cancer Care
 - Assessment of the Aromatherapy to Alleviate Peri Operative Anxiety in Ambulatory Elective Upper Limb Surgery Under Loco-regional Anesthesia (AROMA)
 - Aromatherapy in Management of Postoperative Nausea in Post-Bariatric Surgery Patients
 - Aromatherapy for Chemotherapy-induced Symptoms
 - Aromatherapy Randomization of Pain Management in Adults (AROMA)
-

Benefits Of Geranium Essential Oil

Benefits Of Geranium Essential Oil include reducing inflammation and muscle pain, uplifts mood and balances hormones, reduces anxiety, antiseptic for wound healing, reduces blemishes and acne, increases urination to help flush out toxins, and repels bugs.

Geranium essential oil is extracted by steam distillation from the stems, leaves and flowers of the perennial geranium plant. There are 200 species, often called geraniums, pelargoniums, or storksbills. But the species *pelargonium graveolens*, also called Rose Geranium, is the primary species used for geranium essential oil. The oil produced has a sweet, fresh lemon scent. When obtained from older leaves that have changed color

the scent changes slightly to include a rose fragrance.

The oil has been used for millennia. Records show the upper class in ancient Egypt to enhance and beautify their skin and to reduce anxiety. Ancient ruins in Rome showed tubs of geraniums. Dutch traders brought rose geranium to Europeans from Africa in the 1600s.

The medicinal benefits of geranium essential oil come from the organic compounds that make up the essential oil. Several studies have examined the oil to identify these compounds. Here is one:

An article ([Biomass yield, essential oil yield and essential oil composition of rose-scented geranium \(Pelargonium species\) as influenced by row spacings and intercropping with cornmint](#)) appearing in the journal *Industrial Crops and Products* described experiments to determine how crop yield varied with geranium plant spacing and planting other crops between geranium plants. The results showed that closer spacing of geranium plants produced taller plants (they grew tall to compete for sunlight) and significantly higher yields of biomass and essential oil.

The composition of the geranium essential oil samples was analysed with a gas chromatograph and mass spectrometer and found not to differ significantly between the various crop spacings nor the use of intercrops. The major (presence < 1%) organic compounds found in the geranium essential oils and their percent composition ranges are as follows:

- [Geraniol](#) (27.3 – 28.0%)
- Citronellol (24.4 – 25.6%)
- [Linalool](#) (13.0 – 13.3%)
- 10-epi- γ -Eudesmol (5.6 – 5.9%)
- Citronellyl formate (4.0 – 4.8%)
- Geranyl formate (3.1 – 3.5%)
- Geranyl tiglate (2.1 – 1.7%)

- Citronellyl tiglate (1.9 – 2.0%)

Cautions

As with all oils, geranium essential oil should be diluted with a carrier oil (like jojoba, olive or sweet almond oil) before being applied to the skin. It's always best to test the oil on a small patch of skin to make sure you are not allergic to the oil.

Since the oil has not been clinically tested with pregnant and nursing women, pregnant or nursing women should avoid this essential oil. Also, do not use with babies or young children.

Do not take geranium essential oil internally without the supervision of a health professional.

Benefits Of Geranium Essential Oil

Not surprisingly, Geranium-oil is very popular in aromatherapy and herbal medicine for its health benefits, especially concerning skin health and emotional well-being.

Check out these 5 Reasons You Need a Bottle of Geranium Essential Oil in Your Home.

Benefits Of Geranium Essential Oil: Relieve Stress and Fatigue

Inhaling the sweet aroma of Geranium-oil can uplift your spirits, reduce fatigue, and provide a sense of happiness and wellbeing. It has a positive effect on the body and mind, and you can enjoy this feeling with just a drop or two of this powerful-oil.

Whenever you feel stressed or depressed, or simply need a pick-me-up, take a drop of oil in one palm and rub the palms together. Open the palms over your nose and inhale deeply. It will instantly energize you and put you in a happy-mood. You

can also diffuse 2-3 drops of the oil in an essential-oil-diffuser.

Benefits Of Geranium Essential Oil: Stem Bleeding from Wounds

Geranium-oil can be used to stop bleeding from cuts and wounds. When applied topically diluted in a carrier-oil, the oil contracts the blood vessels and promotes blood-clot formation to seal them off. This helps control blood-loss not only from wounds but from bleeding hemorrhoids. The strong antimicrobial property of the essential-oil of Geranium can protect you from pathogens and infectious diseases. It is particularly effective as an antiseptic for disinfecting cuts and wounds on the skin. When applied to scrapes and cuts, it stops the bleeding quickly.

Benefits Of Geranium Essential Oil: Excellent for Skin Care

Your skin cells are continually shed and replaced with new-cells, but age and certain disease conditions slow down this process. Geranium-oil promotes cell-regeneration, ensuring the skin gets renewed regularly. By increasing collagen, the connective tissue protein underlying the skin, it helps maintain the smoothness and elasticity of the skin.

Add a few drops of the oil to your regular skin lotion or a carrier oil. Apply it regularly as part of your skin care regimen.

Benefits Of Geranium Essential Oil: Hormone Balancing Effect

Geranium-oil has a tonic effect on the body, regulating endocrine function and improving overall well-being in general. Because of this, the essential-oil has a positive-effect on several organ systems, including the respiratory and circulatory-systems. Inhaling the aromatic vapors can provide relief from physical and mental exhaustion. It also regulates

the production of stomach-acids and other digestive enzymes, improving digestion and absorption of nutrients.

Benefits Of Geranium Essential Oil: Increase Mental Function

Along with the stress-busting action of Geranium oil, it can improve your mental functioning, and may help prevent neurodegenerative diseases like Alzheimer's. The presence of a toxic deposit called amyloid plaques in the brain tissue is a marker of the neurodegenerative Alzheimer's disease. Chronic inflammation resulting from its presence inflicts further damage on the brain tissue and drives the rapid progression of the disease.

Geranium oil is capable of reducing inflammation in the brain by interfering with the production of pro-inflammatory substances. Inhaling Geranium oil vapors have been found to be beneficial for increasing cognitive function and slowing down cognitive decline in Alzheimer's patients.

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Benefits of Patchouli Essential Oil

Benefits of Patchouli Essential Oil include promoting sleep, boosting the immune system, repelling insects, regulating oily skin and acne, reducing inflammation, helping balance

emotions, promotes healing, and acting as an aphrodisiac by stimulating sex hormones.

Patchouli essential oil comes from the lightly fragrant leaves of a bushy tropical perennial evergreen bush (*Pogostemon cablin*) growing several feet in height. The plant originally comes from the Southeast Asian countries of China, Malaysia, Indonesia and the Philippines. It typically grows at altitudes of 800-1000 feet above sea level in warm and humid climates. Most of patchouli essential oil now comes from Java and China.

It has long been a part of Asian medicine. The Romans used patchouli oil to stimulate the appetite.

The leaves are partially dried in shade and allowed to ferment for several days. The oil is extracted using steam distillation or CO₂ extraction.

Aromatherapy and Cosmetics Uses

It has a pleasant, earthy, woody aroma that is often used in soaps, body lotions, incense and cosmetics.

Therapeutic applications often make use of its antidepressant, antiseptic, aphrodisiac, fungicide, insecticide, sedative, and astringent properties. It is used in Japan and Malaysia as a snakebite venom antidote.

Benefits of Patchouli Essential Oil Come From its Organic Compounds

It's varied properties come from the organic chemical compounds found in the oil. An article ([Comparison of extraction of patchouli \(Pogostemon cablin\) essential oil with supercritical CO₂ and by steam distillation](#)) in *The Journal of Supercritical Fluids* describes the organic compounds in patchouli essential oil. The researchers used different extraction temperatures and pressures to obtain samples of the oil. They used a gas chromatograph to determine the chemical

composition for each sample. A list of the ranges found for major components (with a presence greater than 1%) is as follows:

- Patchoulol (12.93 – 31.39%)
- α -Guaiene (13.38 – 24.16%)
- δ -Guaiene (15.55 – 23.3%)
- α -Patchoulene (4.80 – 6.21%)
- β -Patchoulene (1.62 – 3.26%)
- β -Caryophyllene (3.13 – 5.85%)
- α -Selinene (0.21 – 3.9%)
- Seychellene (1.72 – 3.3%)
- β -Elemene (0.5 – 1.8%)

As you can tell, the exact proportions of the compounds in the oil vary depending on how the oil is extracted. Try several brands of this oil to see which gives you the best results.

Cautions

Patchouli essential oil is generally regarded as safe.

Benefits of Patchouli Essential Oil

Here are some of the best ways to make use of the benefits of patchouli essential oil.

Patchouli is steamed distilled from the rich, green leaves of the Patchouli bush, and has a rich, earthy, woody scent. It is great for meditation, relaxation, and reducing nervous tension and worry.

Benefits of Patchouli Essential Oil for Men

Patchouli is an excellent fragrance for men's products and can help combat odors.

Also, when used in skincare products, Patchouli can help reduce the appearance of wrinkles, scars, and blemishes.

Our best ways to use Patchouli are:

Benefits of Patchouli Essential Oil for Odor Control

First, use Patchouli to help combat shoe odor by adding 2 drops of Patchouli to 2 tablespoons of baking soda. Mix that together and then sprinkle into stinky shoes. It really helps remove foot odor.

Benefits of Patchouli Essential Oil for Centering You Mind

Another way to use Patchouli is in a yoga mat spray – to help feel grounded and centered.

Benefits of Patchouli Essential Oil for Blemish Control

But perhaps our favorite way to use Patchouli is in a DIY balm for reducing the appearance of scars and skin blemishes.

As mentioned, Patchouli is a favorite among men for its rich, woody, earthy scent. Here is an easy DIY aftershave recipe that not only will HE enjoy, but so will you. For this recipe you will need:

A glass bottle or container

4 oz Grapeseed Carrier Oil ► <http://bit.ly/2pgzJQu>

1 oz Meadowfoam Carrier Oil ► <http://bit.ly/2tQpfwW>

1 tablespoon glycerin (optional) -for extremely dry skin)

15 drops Lime Steam Distilled ► <http://bit.ly/2FV6WeI>

8 drops Cedarwood Texas ► <http://bit.ly/2HzIk8P>

7 drops Patchouli ► <http://bit.ly/2GqLTP0>

Mix all ingredients together. Rub a dime size amount between your palms and apply to the face after shaving. Store any unused portion in the glass bottle or container, in a cool, dry place.

Patchouli has been used around the world for centuries. It's a versatile oil that you'll definitely want to always have on hand.

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For a good background on the benefits of patchouli essential oil read this article ([An introduction to patchouli \(Pogostemon cablin Benth.\) – A medicinal and aromatic plant: It's importance to mankind](#)) from the *Agricultural Engineering International: CIGR Journal*.

Benefits of Orange Essential Oil

Benefits of orange essential oil include calming emotions, lowering blood pressure, uplifting your mood, boosting your immune system, as well as acting against cancer, repelling insects, and improving your libido. It has anti-fungal, antibacterial, anti-inflammatory properties that help fight germs and reduce painful swelling.

Orange essential oil has been used for thousands of years. People in China, India, the Mediterranean and the Middle East have used it to fight coughs and colds and for religious purification ceremonies. It is well known for improving digestion and helping to heal skin problems.

Orange essential oil comes from the *Citrus sinensis* plant which includes sweet and navel oranges. The rind or peel of the orange is the primary source of this essential oil. You must harvest the oranges and remove the peel at just the right level of ripeness to produce the best oil.

An article ([Ionic liquids and fragrances – direct isolation of orange essential oil](#)) in the journal *Green Chemistry* examined the phytochemical compounds in orange essential oil.

While there are over 200 phytochemicals in orange essential oil, only a very few are present in any significant quantity. The authors found the following range of major components from their samples:

- [Limonene](#) 98.08 – 98.78%
- Myrcene 0.95 – 1.30%
- α -Pinene 0.12 – 0.68%
- β -Pinene 0.13 – .49%
- Linalol 0.11 – 0.26%
- Octanal 0.06 – 0.222%

It's clear that the most prominent compound in orange essential oil is limonene. It is primarily responsible for most of orange essential oil's properties.

Cautions

Orange essential oil may be photo-toxic for some people. You should avoid direct sunlight after a topical application. Also, do not take orange essential oil internally.

Benefits of Orange Essential Oil

Watch this video for more information about the medicinal benefits of orange essential oil.

Orange essential-oil is extracted from the fruit peels of sweet orange that goes by the name *Citrus sinensis*.

In the case of orange-oil, limonene, D-limonene in particular, forms the major bulk of the oil. This monoterpene compound with proven antitumor function is responsible for most of the beneficial properties of orange essential oil.

Sweet orange oil is widely used in aromatherapy and herbal medicine for the following Reasons.

Benefits of Orange Essential Oil as an Antidepressant

The very action of peeling an orange is so uplifting, thanks to the release of the orange-oil in the peel. Not surprisingly, the essential-oil of orange is often used in aromatherapy to bring one out of a depressed or pensive mood.

A mere whiff of the oil can make you feel alert and relaxed at the same time. It induces a sense of happiness and well-being. Along with the reduction in cortisol secretion and lifting of mental anxiety, physical changes such as lowering of pulse rate are observed.

Benefits of Orange Essential Oil as an Anti-inflammatory

Inflammation is part of body's healing mechanism, but uncontrolled and chronic inflammation has many negative effects, apart from causing swelling and pain.

Orange oil can regulate the inflammatory response of the body to allergens, injuries, infections and other irritants. You can observe perceptible changes such as reduction in redness and swelling at the site of injury. In case of respiratory allergens, the anti-inflammatory action can help relieve a runny nose and cough.

Medicinal Benefits of Orange Essential Oil as a Diuretic

Orange has a mild diuretic action that results in increased

production of urine. This facilitates the removal of undesirable substances from the body, including toxic substances, excess salts, and by-products of protein digestion such as uric-acid.

By removing excess fluids from the body, diuretics like orange oil reduce edema caused by water retention in tissues. It also reduces blood pressure and excessive load on the heart.

Medicinal Benefits of Orange Essential Oil to Relieve Fatigue

Orange essential oil can help relieve physical and mental fatigue. Mix it with the essential oil of lavender to enhance the effect.

Mix 5-drops each of sweet orange oil and lavender oil and use the mixture in a diffuser. Apply a drop of the mixture to your pulse points for faster absorption into the body.

Adding essential oils to your bath would give you maximum benefits, but it should be avoided for the reason mentioned above.

Benefits of Orange Essential Oil to Control Acne

Orange oil has a drying and grease-cutting effect on the skin that can help reduce acne in people with oily skin. Add 2-3 drops of orange oil to a cup of water and wash the face with it before going to bed.

Orange oil acts as a deep cleanser when used with a light carrier oil like olive-oil or sweet almond-oil. Mix 3-4 drops of orange oil to a tablespoon of carrier oil and apply on the face with a cotton ball. Allow to remain for 5-minutes and wipe off. This is an excellent way to remove makeup in the evening.

For a spot treatment for acne, dip a cotton swab in sweet orange-oil and touch the acne. The antiseptic effect of orange

oil helps reduce bacteria that worsen acne.

Diffusing orange essential oil in a diffuser is the best way to receive the above mentioned benefits however you can also apply it directly on to skin, such as neck area, as and when you need it.

See more videos on the Natural solution channel.

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Benefits of Eucalyptus Essential Oil

Benefits of Eucalyptus Essential Oil include relief of pain and inflammation, improving respiratory conditions, sanitizing, and even repelling insects.

Eucalyptus Essential Oil Comes From Leaves

Eucalyptus plants from the family *Myrtaceae* are tall evergreen trees that are native to Australia, Tasmania and nearby islands. Now they can than be found all around the world. They represent over 500 (some report 700) distinct species.

Eucalyptus oil is made from the leaves of eucalyptus trees. The leaves are dried, crushed and then distilled to produce the oil. The most common species used to make essential oils are

- *Eucalyptus Globulus* (Blue Gum, Fever Tree, or Gum Tree),
- *Eucalyptus Radiata* (Narrow-Leaved Eucalyptus) and
- *Eucalyptus Citriodora* (Lemon Eucalyptus).

Characteristics of Eucalyptus Essential Oil

The oils from these different eucalyptus trees are all very similar. They can be used interchangeably or even blended together. The main difference is in the aroma.

The oil itself is colorless, but has a distinctive taste and aroma. The important medicinal benefits of eucalyptus oil come, primarily, from a compound known as eucalyptol or cineole. This compound has antimicrobial properties and is used in many over-the-counter preparations including rubs, inhalers, creams and mouthwashes.

The compounds in eucalyptus oil that produce the benefits are described in a journal article in the "Journal of Stored Products Research", [Activity of essential oil and its major compound, 1,8-cineole, from Eucalyptus globulus Labill., against the storage fungi Aspergillus flavus Link and Aspergillus parasiticus Speare](#). The major compounds are:

- [Eucalyptol](#) or 1,8-Cineole (89.95%)
- Tricyclene (2.95%)
- β -Pinene (1.64%).

Other compounds are found at less than 1% concentrations.

Experiencing the Benefits of Eucalyptus Essential Oil

The ways eucalyptus oil should be used are for inhalation (via diffuser or a steam) and topically when diluted with other oils as a rub (similar to [Vicks® VapoRub™](#)).

The benefits of eucalyptus essential oil include relieving pain, reducing inflammation, clearing respiratory mucus, fighting viral and fungal infections. It is found in cough and

cold medicines, mouthwashes, soaps, and in cleaners to help sanitize household areas.

Cautions

Do not take eucalyptus oil internally. Avoid using eucalyptus oil with children under 6 or with people who have epilepsy, estrogen dependent cancer, or high blood pressure.

Benefits of Eucalyptus Essential Oil

The following video shows common ways of using eucalyptus essential oils.

Hi. I'm Andrea from aroma head Institute. And I want to show you a couple of my favorite ways to use eucalyptus essential oil.

Now there's a couple different kinds of eucalyptus essential oils. Today I have oil from two species of eucalyptus plants, *eucalyptus radiata*, and I have *eucalyptus globulus*. I love them both.

They have very similar uses. They're very similar from a chemistry perspective and from an aromatic perspective. I think the radion is a little softer and I happen to have more of it, so I'm gonna use that in this video. But they're pretty interchangeable.

So that we're gonna show three different uses.

Benefits of Eucalyptus Essential Oil for Cleaning

The first benefit of eucalyptus essential oil is as a cleaning spray, a really nice cleaning spray. It's so simple. It's just a 16 ounce spray bottle that I've filled a lot of the way with water. And I'm gonna add a dash of vinegar. I'm gonna add two mils of the eucalyptus. It's a great cleaning spray. It's very simple. But as you clean, you're opening up your sinuses and actually supporting your health. I love that.

So I have a container of white vinegar here. A little jug. And I am literally just gonna put in a little dash, and it's not really that much, and it doesn't really need to be defined either. Like we don't need to say a quarter of a teaspoon or half a teaspoon. Sort of up to you. But just a little – okay.

And then from there I'm going to add in the essential oil. Now I want to put 50 drops of essential oil in. And that's a lot. So it's a lot of drops is what I mean, to count. And so instead of counting, I'm going to use a graduated cylinder. This is my graduated cylinder. And it's graduated by the mill. I'm going to put two mils in. So much easier than counting 50 drops. So I'm just gonna bend down and hold the bottom of the graduated cylinder so that it stays stable. And then I'm gonna add the eucalyptus right into here to two mils.

I know people don't always think about cleaning with eucalyptus, but I have to say it works so well. And I love that I can also feel like I am opening up my breathing and supporting my sinuses, even potentially reducing a headache simply by using my cleaning spray. How about that?

So then, I'm gonna add the essential oil right into the spray bottle, And of course it's not going to blend because it's oil and water. It's gonna stay at the top, but that's okay. And the eucalyptus covers the smell of the vinegar really nicely. So if you're not a huge fan of vinegar, this will still work for you.

And then before I use it every time before I use it I'm just gonna shake it so that I disperse the essential oil droplets all through it. Then it sprays really really nice from there. You can clean from there. Since it is oil and water, I make this fresh really frequently. I'll make enough to use for about a week or two and then I'll make it again. And you can vary these oils that you use in your cleaning spray. But I love eucalyptus. So that's blend number one.

Benefits of Eucalyptus Essential Oil for Pain Relief

Now another way that you can use eucalyptus is in wonderful blend for topical use. So in this case we're going to use jojoba oil. Jojoba wax really. Liquid oil as the base and it's going to be a blend for aches and pains. Because eucalyptus is so good at reducing inflammation and reducing pain and bringing circulation to the area.

I know a lot of people think just of congestion with eucalyptus, But it's also really good for reducing pain. So I've got this wonderful roll-on bottle. I love this and I'm gonna put a whole boat right into this bottle. It's 10 mils and it's a little glass bottle. It's cobalt blue. And I'm gonna put in and fill this just about all the way up to the shoulder, and leave room, because I'm going to put in 6 drops of eucalyptus.

So funny. I went to smell it. I was like well there's no there's no smell because there's no oil in it yet. But hope it doesn't have much of an aroma at all. So it's very neutral.

Let me grab my eucalyptus. I'm gonna put 6 drops into this 10 mils. Six which is a nice strong blend actually. It's really good for pain. I'm gonna put it down on the table before I pop the top on. The top has a really great little stainless steel roller ball. I love that.

Then you can just apply this blend to any area that's feeling like it's hurting, or maybe from overuse, whatever it might be. So good. And on the side if you happen to have a cold or flu or allergies you could apply this to your chest, to the back of your neck. I just wouldn't put it on my face because it's a little strong to get a right around the eyes. Those eucalyptus fumes are pretty strong. So I would just use it on the back of my neck or my chest. It's great to use on your feet. So that's your second eucalyptus blend.

Benefits of Eucalyptus Essential Oil to Reduce Sinus Congestion

Now the third one is not really a blend. The third use of eucalyptus. As much as it is, for when you are sick. When you have that cold or flu, or you're having allergies and your head is stuffy. And in particular, if you have a sinus headache this is great.

I have a bowl of, well, it was steamy hot water, it's just warm water now. But steamy hot water is what you would put in this bowl. And all you do is put one drop of eucalyptus into the bowl. Then you can do a steam. And I love doing steams because they just clear your head. So I would go ahead and bend down. I would smell the oil and I would have a towel over my head. And then just steam with it. And you know, it's really funny, I don't even have to have a towel because I can just smell it from here. So I would steam with it for about a minute. Close my eyes. Smell it. Clear my head.

And then I would leave this bowl in the room where I'm hanging out, wherever that might be. So it continues to diffuse into the air and it will smell so good and really help you clear your sinuses.

Summary of Benefits of Eucalyptus Essential Oil

So in summary we've created we've three different uses for eucalyptus, right. We made a great cleaning spray. And of course you could always add other oils into this cleaning spray if you wanted to. You might put some pinyon pine in. You might put some Siberian fir. Maybe some orange that would be really nice. But for now we've got a beautiful eucalyptus cleaning spray. We've got our beautiful roll-on for sore muscles and or cold or flu or allergies. And we've got the steam. So all these uses for eucalyptus. I hope you enjoy it.

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notified any time I post new Aromatherapy videos and recipes.