

2 Simple Ways to Use Eucalyptus for Winter Wellness



It looks as if winter has finally decided to arrive in Indiana. We had one of the warmest Decembers I can remember, and my family was actually outside playing basketball on Christmas Day! That has changed, however, and the cold has arrived whether it was wanted or not, along with about three inches of snow.

It seems that cold weather seasons also bring germs and illnesses that aren't so widespread throughout the rest of the year. For wellness purposes, I've found that essential oils help me throughout the winter. One of my favorite oils to use is *Eucalyptus globulus* for its affinity with the respiratory system.

Main Therapeutic Benefits of

Eucalyptus Globulus

Historically, the following properties are attributed to eucalyptus:

- Analgesic
- Antibacterial
- Anti-inflammatory
- Antitussive
- Decongestant
- Expectorant
- Stimulant

Eucalyptus for Body Systems



While these is not a comprehensive list, here are three main body systems that eucalyptus supports.

- **Respiratory System.** *Eucalyptus globulus* has been used for bronchitis, asthma, sinusitis, nasal congestion, throat infections, colds, and flus. It is an ingredient in the perennial favorite, Vicks Vapor Rub. I love to make my own version of this salve, and I start using it at the first sign of colds or congestion.
- **Circulatory System.** Eucalyptus helps to increase circulation and can be beneficial when undertaking a detox program for health and wellness.

- **Musculoskeletal system.** The analgesic properties of eucalyptus make it a logical choice to be included in a blend for massage oils/creams and muscle rubs.

Two Simple Ways to Use Eucalyptus

Here are two simple ways you can start using eucalyptus essential oil right now.

1. **Oil Chest Rub.** In 1/2 ounce of carrier oil such as almond oil, olive oil, or sesame oil, add 15 drops of *Eucalyptus globulus*. Shake gently to mix. Rub a small amount to the chest area. Store the rest for later use.
2. **Inhalation.** Diffuse 5 drops of eucalyptus in a water-based diffuser. Use on and off throughout the day as needed. If you don't have a diffuser, add a few drops of the oil to a bowl of steaming water (out of the reach of children) or put a drop or two on a tissue or washcloth and tuck it under your pillow.

Do you have a favorite way to use this powerful essential oil? Please share in the comments.

***Precautions:** the information here is provided for adults, not children. Children should not use eucalyptus; Rosalina (*Melaleuca ericifolia*) is a better choice for children. No one should ingest Eucalyptus, as it is toxic when taken internally. According to the Gale Health and Wellness Resource Center, pregnant or breast-feeding women should not use **eucalyptus**. People with digestive problems, stomach or intestinal inflammations, biliary duct disorders, or liver disease should not take **eucalyptus**.

Resources

The East-West School for Aromatic Studies: Aromas 101

Gale Health and Wellness Resource Center