

EUCALYPTUS RADIATA

Eucalyptus radiata ssp radiata

Aromatic molecules : 1,8 cineole, α -terpineol

Distilled organ : leaf

Thriving in the drained soils of subtropical higher ground, eucalyptus radiata has a grey-blue trunk, deciduous bark, round juvenile leaves and lanceolate adult leaves. Australian aborigines use the fresh leaves to dress their wounds.

Traditionally known for its properties

anticatarrhal, expectorant • antitussive • antiviral, immune stimulant • antibacterial • anti-inflammatory • energizer, neurotonic.

Professional advice

- internal : 2 drops CTEO on a carrier tablet, in honey, olive oil or on a lump of cane sugar under the tongue, 3 times a day.
- external : 3 to 4 drops CTEO + 3 drops apricot kernel or hazelnut oil, 3 times a day, rubbed on the chest and back.
- for daily basis : nothing is more effective than the application on the chest and the back or on the soles of the feet of 4 to 6 drops of eucalyptus radiata to protect you from winter aggressions

The aromatherapy not only treats but also prevents!

++++ Highly recommended - (!) Use with caution

Oral use	Use on skin	Air diffusion
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Useful information

not recommended in the 1st 3 months of pregnancy

Traditional indications

- bronchitis, asthma-like, bronchitis, sinusitis +++
- flu, colds, viral epidemics +++
- cystitis, leukorrhoea, vaginitis ++
- severe fatigue, lack of energy ++
- otitis in children +++

Special precautions

- keep out of reach of young children
- does not replace a balanced diet and a healthy lifestyle
- do not exceed the recommended dose
- unless medical or pharmaceutical advice, not to use during the pregnancy and breast feeding and in the child of less than 3 years
- keep out of heat and light

PRANARŌM 
aromatherapy

Aromatherapy and information about it should never be used to replace a doctor's visit.