

EUCALYPTUS, LEMON

Eucalyptus citriodora

Aromatic molecules : citronellal, citronellol, isopulegol

Distilled organ : leaf

With lanceolate leaves, white flowers with many stamens and woody hemispheric fruit, lemon eucalyptus from Madagascar or Vietnam provides a major essential oil that provides quick relief for a large inflammatory focus.

The treatment is remarkably effective but your movements will leave behind an "indelible" olfactory trail that is appreciated in varying degrees !

Traditionally known for its properties

effective antispasmodic • powerful anti-inflammatory • analgesic, skin soother • fungicide • hypotensive • mosquito repellent.

Professional advice

- external : 4 drops CTEO rubbed or massaged on painful arthrosic and arthritic areas and along the spine.
- on a tennis or golf elbow: 3 drops of lemon eucalyptus and 3 drops of everlasting, 4 times a day.

++++ 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

- shingles, itching +++
- hypertension, pericarditis +++
- cystitis, vaginitis, leucorrhoea +++
- arthritis, tendinitis, sciatica ++++
- athlete's foot, skin fungal infections +++
- mosquito repellent and mosquito bites +++

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

PRANARÔM 
aromatherapy

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

Importer Aromax: www.aromax.fi