

## Blue Mallee Eucalyptus Oil (*Eucalyptus polybractea* or 'blue eucy')

The main chemical component of blue mallee eucalyptus oil is 1,8-cineole or eucalyptol. Blue Mallee eucalyptus oil has the highest eucalyptol content of any species of eucalypt (generally over 90%) which gives blue mallee eucalyptus oil its unique strong, clean aroma and makes it the perfect essential oil for a range of medicinal purposes. The eucy museum stocks locally distilled blue mallee oil that is double distilled, pharmaceutical grade and 100% pure. Remember, if your bottle of eucalyptus oil does not have the "Australian Made" logo on its label, then it's imported from overseas.

For medicinal purposes the most common benefits and descriptors of blue mallee eucalyptus oil are: analgesic, antibacterial, antibiotic, antifungal, anti-inflammatory, antimicrobial, antioxidant, antiseptic, antispasmodic, antiviral, decongestant, disinfectant, expectorant and immunoregulatory.

Eucalyptus Oil is a natural solvent so combined with its antiseptic, disinfectant, antibacterial and antifungal properties it makes a powerful and non-toxic cleaner that can be used anywhere in the home. See page 2 for cleaning hints and tips.

### Medicinal Uses

**Note: eucalyptus oil is not to be ingested. When applying to the skin you can add a few drops to a carrier oil such as almond oil or a basic fragrance-free moisturiser. It can also be diluted in water. To apply to the skin, use a cotton wool ball or a cotton make-up pad.**

As eucalyptus oil has an anti-inflammatory, antiviral, decongestant and expectorant properties, it can be used to treat **blocked sinuses, coughs, colds, flu, seasonal allergies, bronchitis** and **sore throat**. Place a few drops of eucalyptus oil into a bowl of hot water and inhale the vapours until they have evaporated. Tip: use a towel to cover your head and the bowl so that the vapours don't escape. You could also use a vaporiser or electronic diffuser.

For **coughs and bronchitis** rub a couple of drops into the chest area. For a **sore throat** apply a couple of drops to the throat region (do not ingest). You can also try a vaporiser, diffuser or the bowl of hot water trick.

For **bad breath** and **oral health** mix a couple of drops in a glass of water, gargle for a minute or two then spit out. *Note: eucalyptus oil is not to be ingested.*

Eucalyptus oil is a powerful anti-inflammatory and can be used to treat **arthritis, fibrositis, rheumatism, general muscle pain, sprains** etc. Just add a few drops to a carrier oil or moisturiser and apply to the affected area.

To treat **sore** and **tired muscles**, use **eucyblue 'Blue Mallee Bath Salts'**, simply add the desired amount to a hot bath and soak. The combination of eucalyptus oil, epsom salts and Himalayan pink salt can offer **pain relief** and a reduction in **swelling** and **inflammation**. Plus, it's relaxing!

To soothe **insect bites**, apply eucalyptus oil to a cotton ball and apply to the affected area. For sensitive skin, dilute with water first.

For **headaches**, rub a couple of drops of eucalyptus oil into your temples and the back of your neck and shoulders. This is especially good for tension headaches.

Eucalyptus oil is a strong **antifungal** so can be used to treat **athlete's foot** and **fungal nail infections**. Simply spray the area with eucalyptus oil spray or dab the area with eucalyptus oil soaked into a cotton ball. Remember to also spray shoes with eucalyptus oil to keep fungal infections at bay.

Due to its **antiseptic** qualities, eucalyptus oil can be used to treat **minor cuts, scratches** and **skin irritation**. Apply eucalyptus oil directly to the affected area with a cotton ball or soak the wound in a solution of warm water and a couple of drops of eucalyptus oil.

## Household Cleaning

**General Household Cleaning:** Eucalyptus oil can be used to clean anything around the home. For over 100 years it has been used to clean every part of the home due to its **antibacterial, antifungal, disinfectant** and **antiseptic** qualities, it is also a natural solvent. Simply add a dash of eucalyptus oil to a bowl of hot water or a few capfuls to a bucket of hot water and use paper towel, a clean cloth or brush to clean benchtops, sinks, kitchen appliances, stovetops, bathroom vanities, toilets, baths, shower recesses, tiles, shower screens, mirrors, windows, flooring, cupboards (inside and out), outdoor furniture, shelving, children's toys and high chairs, you could even wash the dishes with eucalyptus oil. Note: *Always patch test an area if you are concerned about staining. Eucalyptus oil may not be suitable for all surfaces, especially unsealed, natural stone.*

## Dust Mites

Controlling **dust mites** is essential for people who suffer from **asthma, sinus problems** and **allergies**, but they live in our bedlinen, pillows, mattresses, carpets, sofas, cushions, curtains you name it! Luckily, eucalyptus oil repels dust mites, follow these steps to keep dust mites at bay in your home:

**Vacuuming and dusting:** once you have vacuumed your carpet and dusted your skirting boards, use a eucalyptus oil spray to cover the entire area. Skirting boards can be wiped with a cloth dipped in a solution of warm water and a few drops of eucalyptus oil.

Don't forget to regularly vacuum your sofa, mattress and cushions then spray with eucalyptus oil spray. Remember to patch test delicate fabrics first!

**Bedlinen:** Wash your bedding regularly, once a week for sheets, pillowcases and quilt covers. Once every couple of months for quilts and blankets. You can use a eucalyptus-based laundry powder or detergent, but you can also add a splash of eucalyptus oil to the wash to ensure that you are removing the mites. **Note: Can also be used for pet bedding.**

## Laundry

Eucalyptus oil can be added to your laundry and is especially good for freshening up bedding, towels and smelly work or sports clothes. Add a couple of capfuls of eucalyptus oil to the detergent drawer of your washing machine to leave your clothes smelling fresh. Eucalyptus oil is an excellent cleaning agent and stain remover and should be in every laundry cupboard.

**Stain Removal:** Eucalyptus oil can be dabbed or sprayed directly onto a stain and lightly rubbed to allow the stain to lift. Leave for a few minutes then wash as normal. Eucalyptus oil will remove most stains including **grease, oil, tar, grass, sweat, biro, makeup and more**. Note: *always patch test fabrics prior to use.*

## Other Uses

**Insects:** Eucalyptus oil is an effective insect and rodent deterrent. Thoroughly clean or spray infected areas regularly with eucalyptus oil to keep unwanted guests at bay. Useful around windows, carpets, skirting boards, wardrobes, cupboards, fireplaces etc, to repel silverfish, dust mites, carpet beetles and rodents.

**Sticky Labels and Residue:** I think we all know this one! Apply a few drops or a splash of eucalyptus oil to a cleaning cloth and gently rub over the area until the sticky residue is gone. Eucalyptus Oil is a natural solvent. It's an oil but it's not oily or greasy!