

Lemon eucalyptus
(Eucalyptus citriodora syn.
Corymbia citriodora)



Lemon eucalyptus (Eucalyptus citriodora syn. Corymbia citriodora) is an herb but it's hardly a typical one. Lemon eucalyptus information suggests that the herb can grow to 60 feet (18.5 m.) high and even taller. This plant is an attractive Australian native. It has sword-shaped, gray-green leaves and tiny, white flowers. The lemon eucalyptus plant, also known as lemon-scented gum, has a more pungent smell than other citrusy herbs, like lemon verbena, lemon balm, and lemon thyme. If you touch a leaf, the air is

infused with the super-strong scent of lemon. In fact, if you've ever burned a citronella candle, don't think it is scented with real lemon fragrance. Rather, it is made with oil from lemon eucalyptus bush leaves.

9 Impressive Benefits Of Lemon Eucalyptus Essential Oil

Lemon eucalyptus essential oil boasts a number of health benefits, that may include strengthening the immune system, preventing respiratory infections, repelling disease-bearing insects, relieving pain, soothing inflammation, healing wounds, improving digestive health, and treating fungal infections, among others. Some of the side effects of lemon eucalyptus oil may include serious stomach upset when ingested, as well as topical skin irritation and complications for people with certain medical conditions or prescriptions.

This powerful essential oil is derived from a lemon-scented gum eucalyptus plant, which goes by the scientific name *Eucalyptus citriodora*. The pleasant smell of this essential oil, combined with its insect repellent properties, made it a standard in traditional medical uses, but it has now reached the global mainstream for its other apparent health benefits. You will find this essential oil in everything from aromatherapy treatments and insect repellents to massage oils and essential oil diffusers, thanks to its wide range of effects. Native to northern Australia, the lemon eucalyptus plant is highly sought after due to its high concentration of citronellal, limonene, linalool and other antioxidants, as well as various nutrients and active compounds.

Lemon Eucalyptus Oil Benefits and Uses

The impressive essential oil of lemon eucalyptus might be very popular with people suffering from chronic pain, inflammatory conditions, indigestion, fungal and bacterial infections, cough, cold, flu, fever, body odor, arthritis, bronchitis, poor circulation, and sinus infections, as well as people in areas with mosquito- and insect-borne diseases.

Maybe an Effective Insect Repellent

The most common use of lemon eucalyptus essential oil is for repelling insects; the significant content of citronellal might be extremely effective for driving away insects, including those that bear diseases, for up to 8 hours after application. In fact, lemon eucalyptus essential oil has been praised as a viable replacement for DEET and other dangerous insecticides and has proven to be just as effective.

May Improve Respiratory Health

When you inhale this essential oil or allow it to be diffused in your home, you may give your respiratory system a major boost. The active ingredients in this oil are known to have anti-inflammatory properties, which may soothe the respiratory tracts and prevent coughing and additional congestion. Some of the antioxidant compounds in this oil may attack the underlying infection to speed healing. This oil is often included in chest rubs to lower congestion when applied before going to sleep.

May Stimulate Circulation

Limonene and citronellal are both known as stimulating substances, which may impact metabolism and circulation. This means more oxygenated blood and resources for cells in the

extremities of the body, in addition to an energetic boost to your day.

Might Reduce Inflammation

Commonly used to relieve joint disorders and pain from muscle aches and workout strains, this oil can be topically applied (a few drops is all you need) to the affected area for possible rapid relief. It has specifically been praised for its effect on osteoarthritis. When it comes to inflammation, however, it may affect the body in countless ways, so both inhalation and topical applications are recommended.



Might Boost the Immune System

Anti-fungal, antioxidant, and antiseptic qualities may make lemon eucalyptus essential oil the ultimate immune booster. Aboriginal populations in Australia used to apply the oil of the lemon eucalyptus leaves to open wounds, cuts, and scrapes in order to prevent infections from attacking the wound. It might help to support the immune response and stimulate the production of additional white blood cells.

May Relieve Pain

Pain comes in many forms, and the traditional use of lemon eucalyptus essential oil may have included a wide range of pain-relief applications. From the chronic pain of disease or injury to the acute pain of headaches, muscle strains and surgery, this essential oil might be inhaled or topically applied for fast results.

Might Prevent & Heal Insect Bites

Not only does lemon eucalyptus essential oil repel insects, but it may also speed the healing of insect bites, particularly of those from mosquitoes, gnats, beetles, and biting flies. If you have already applied the oil, then a bug bite is unlikely, but it is good to know that this oil is both a preventative measure and a treatment.

Might Improve Digestion

The anti-inflammatory properties of this essential oil might make it ideal for soothing indigestion and stomach upset. If you suffer from chronic constipation, diarrhea, nausea, bloating, cramping or poor digestion of any kind, inhaling this oil as a daily boost to your digestive system might be a very good idea.

Room Deodorizer

Diffusing lemon eucalyptus essential oil is a popular choice, given its invigorating properties and ability to possibly improve respiratory and immune health. However, some people report sensitivity in their eyes when the oil is spread throughout the room, so use this oil in oil diffusers with caution, particularly if your eyes are sensitive.

Side Effects of Lemon Eucalyptus Essential Oil

There are a few side effects of lemon eucalyptus essential oil, including allergic reactions, skin inflammation, eye irritation, and complications for pregnant women and those with certain other medical conditions.

- **Skin Reactions** – As is the case with many essential oils, the concentrated nutrients and chemicals can cause skin inflammation, particularly if too much of the oil is used. It is always best to apply a small amount to a patch of skin, and then wait a few hours for any potential reactions, before putting in on a larger area of your skin.
- **Eye Irritation** – Some of the more common complaints include irritation in mucus membranes, particularly the eyes when this oil is diffused throughout a space. If you experience bloodshot eyes or itching, consider using this oil in a different way than in a room diffuser.
- **Pregnancy** – This oil is not recommended for pregnant women or children, considering the potent concentrations of so many active compounds and volatile acids. If you want to benefit from the insect-repellent qualities of this oil, but are pregnant, be sure to speak with your doctor before adding it to your regular pregnancy health regimen.

- **Internal Consumption** – Under no circumstances should this essential oil be consumed, as it can result in serious stomach symptoms, including nausea, vomiting, and painful cramping. Even when applying this oil topically, it is highly recommended that you use a carrier oil to dilute the oil slightly.

