



Guide to Australian Essential Oils

By
Salvatore Battaglia



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The Guide to Australian Essential Oils is concerned with the use of essential oils for a wide range of health problems. Illness, however, can be highly unpredictable and the best possible expertise should always be consulted. The author and publisher accept no liability for any claims arising from the use of any remedy discussed.

If in doubt about using the essential oils please consult a qualified aromatherapist. It must be stressed that a holistic approach to aromatherapy incorporates a healthy diet, lifestyle and general attitude towards life.

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Introduction

Australia is well known for the diversity and uniqueness of its animal and plant life. Its geographical separation from the rest of the world has resulted in the development of many interesting and distinctive plants and animals.

In many cases the plants from which essential oils are extracted have been part of aboriginal pharmacopoeia for thousands of years.

We are all familiar with eucalyptus and tea tree. These oils are well known for their antiseptic, antimicrobial and antiviral properties. These plants are extensively cultivated for their essential oils, however the majority of Australia's native flora has never been cultivated for commercial use.

I am very proud to share with you a range of unique essential oils from Australia.

These Australian native essential oils have a very diverse range of properties and incredible antimicrobial properties that will help to fight off influenza and colds.

Many of the trees from which the essential oils are made are home to Australia's unique wildlife such as the Koala.

Perfect Potion is proud to support the Koala Foundation, a not for profit organisation that is helping to protect the Koala's native habitat.



Saul Baulghan

Eucalyptus, blue mallee

There are more than 700 species of Eucalyptus. However the essential oil distilled from the leaves of *Eucalyptus polybractea* is the most common and popular. It is commonly found in Western New South Wales and Victoria.

Characteristics

Blue mallee eucalyptus oil has a strong sweet camphoraceous and fresh odour.

Chemical composition

The essential oil obtained from *Eucalyptus polybractea* is rich in 1,8-cineole. The 1,8-cineole content can be as high as 92%. Other constituents found in the oil include α -pinene (1%), limonene (1%), p-cymene (2%), β -pinene (0.2%) and sabinene (0.2%), terpinene-4-ol (0.5%), α -terpineol (0.4%) and carvone (0.2%).

Aromatherapy uses

Blue mallee eucalyptus oil has excellent analgesic, antiseptic, anti-viral and expectorant properties. It may be used in a massage oil for the temporary relief of headache, arthritis, rheumatism and muscular aches and pain.

It is excellent for the temporary relief of respiratory problems such as coughs, colds, flu, sinusitis and mucous congestion.

The fresh scent of blue mallee eucalyptus is energising, balancing and purifying. It will help to revive your spirits and dispel feelings of melancholy.

Blending

Blue mallee eucalyptus oil will blend well with essential oils such as basil, citronella, clove, any of the other eucalyptus oils, fragonia, frankincense, kunzea, geranium, ginger, lavender, lemon, lemongrass, lemon myrtle, sweet marjoram, peppermint, pine, rosemary, thyme and tea tree.

How to use

Bath, massage, vaporiser.

Safety

Blue mallee eucalyptus oil is non-toxic, non-irritant and non-sensitising.



Eucalyptus, broad-leaved peppermint

It is also called peppermint eucalyptus. Broad-leaved peppermint eucalyptus oil is steam distilled from the leaves of *Eucalyptus dives*. It is commonly found in the main mountain ranges of southern NSW.

Characteristics

Broad-leaved peppermint eucalyptus oil has a fresh spicy-minty and slightly camphoraceous odour.

Chemical composition

A typical chemical analysis of *Eucalyptus dives* essential oil is as follows: α -pinene (1.1%), α -phellandrene (19.52%), 1,8-cineole (0.45%), p-cymene (3.36%), terpinolene (2.02%), terpinen-4-ol (4.00%), piperitone (52.27%), trans-piperitol (0.27%), globulol/viridiflorol (6.03%), δ -eudesmol (0.30%), α -eudesmol (0.33%).

Aromatherapy uses

Broad-leaved peppermint eucalyptus has excellent analgesic, antiseptic, expectorant and mucolytic properties. It is recommended for the treatment of muscular aches and pains, rheumatism and headaches. It is recommended for bronchitis, catarrhal conditions and coughs. Its invigorating scent is beneficial in times of exhaustion.

Blending

Broad-leaved peppermint eucalyptus oil will blend well with essential oils such as citronella, all other eucalyptus oils, fragonia, kunzea, lavender, lemon, lemongrass, lemon myrtle, pine, peppermint, rosemary and tea tree.

How to use

Massage, vaporiser.

Safety

Broad leaved peppermint eucalyptus oil is non-toxic, non-irritant and non-sensitising.

Eucalyptus, lemon scented

Lemon scented eucalyptus oil is steam distilled from the leaves of *Eucalyptus citriodora*. Its native habitat is the coastal regions of Queensland. It is also called lemon-scented gum.

Characteristics

Lemon scented eucalyptus essential oil has a strong and very fresh, citrus odour.

Chemical composition

A typical analysis of *Eucalyptus citriodora* essential oil is as follows: citronellal (80.10%), linalool (0.66%), isopulegol (3.41%), iso-isopulegol (8.51%), β -caryophyllene (0.39%), citronellol (4.18%).

Aromatherapy uses

Lemon scented eucalyptus is rich in aldehydes. Essential oils with high aldehyde content have excellent antiseptic and antifungal properties. It is also known to have excellent insect repellent properties.

It will make an excellent air purifier when used in a vaporiser. The aroma of lemon scented eucalyptus is fresh, alive and full of vitality. It creates a sense of freedom and excitement.

Blending

Lemon scented eucalyptus oil has an intense citrus aroma. It should be used sparingly in any blend.

It blends well with citronella, any of the other eucalyptus oils, fragonia, frankincense, kunzea, lavender, lemon, lemongrass, lemon myrtle, sweet marjoram, sweet orange, peppermint, pine, rosemary and tea tree.

How to use

Massage, vaporiser.

Safety

Lemon scented eucalyptus is non-toxic, non-irritant and non-sensitising. However essential oils rich in aldehydes such as citral and citronellal may cause sensitisation reactions if used undiluted.

Fragonia

Fragonia oil is relatively new essential oil steam distilled from a small shrub that grows in Western Australia called *Agonis fragrans*. It is also referred to as “course tea tree”.

Characteristics

Fragonia has a delicate woody and refreshing odour. Its unique chemical composition accounts for this interesting odour profile.

Chemical composition

Fragonia oil has a unique blend of monoterpene alcohols. A typical analysis of *Agonis fragrans* essential oil is as follows: α -pinene (27%), 1,8-cineole (28%), linalool (11%), terpineol (3%), α -terpineol (6.2%), myrtenol (3.5%), α -humulene (1%), β -caryophyllene (<1%), viridiflorene (<1%), globulol (<1%).

Aromatherapy uses

Fragonia oil is very gentle on the skin and can be used at very high concentrations or neat for the treatment of a range of topical infections such as tinea and viral infections such as herpes.

It has gentle expectorant properties and it appears to boost the immune system. Blend with eucalyptus for colds and flu. It has excellent analgesic and anti-inflammatory properties. Use in a massage oil for the relief of minor muscular and joint pain.

The scent of fragonia is said to induce a profound feeling of calm and tranquility. Fragonia gently helps to remove emotional scars to heal lingering emotional hurt and unresolved emotional issues.

Blending

Fragonia oil will blend well with essential oils such as bergamot, German and Roman chamomile, all the eucalyptus oils, frankincense, geranium, kunzea, lavender, lemon, neroli, sweet orange, palmarosa, rosemary, rose otto, sandalwood and tea tree.

How to use

Bath, massage, vaporiser.

Safety

Fragonia oil is considered non-toxic, non-irritant and non-sensitising.

Kunzea

Kunzea oil is steam distilled from the leaves and terminal branches of *Kunzea ambigua*. It is found in the north east region of Tasmania and the south east mainland of Australia. It is commonly referred to as “tick bush”.

Characteristics

Kunzea oil has a fresh and slightly spicy aroma.

Chemical composition

Kunzea oil has a unique composition, with a high content of important sesquiterpene compounds. The major chemical components found in Kunzea are α -pinene (39.9%), 1,8-cineole (15.8%), globulol (11.9%), viridiflorol (9.4%), biocyclogermacrene (5.1%), α -terpineol (2.9%).

Aromatherapy uses

Kunzea oil is recommended for the temporary relief of the pain of arthritis, relief of the symptoms of influenza, relief of muscular aches and pains and helps relieve nervous tension, stress and mild anxiety.

The oil has also been found to be beneficial to ease the pain from insect bites, minor burns, recurring shingles and headaches. It is also recommended for the treatment of arthritis, muscular pain and soft tissue injuries. Kunzea oil has been found to be excellent for treating physical and mental exhaustion.

Blending

Kunzea blends well with bergamot, all of the eucalyptus oils, fragonia, frankincense, geranium, lavender, lemon, lemon myrtle, neroli, sweet orange, tea tree and Australian sandalwood.

How to use

Bath, massage, vaporiser.

Safety

Kunzea is non-toxic and a non-irritant.

Lemon Myrtle

Lemon myrtle is steam distilled from the leaves of *Backhousia citriodora*. Lemon myrtle is an evergreen tree native to Southern Queensland.

Characteristics

Lemon myrtle oil has an intensely fresh lemon-like odour with a sweet undertone.

Chemical composition

A typical analysis of *Backhousia citriodora* essential oil is as follows: β -pinene (trace – 0.5 %), linalool (trace – 0.4 %), β -carophylene (trace – 0.4 %), neral (35.0 – 40.0 %), geranial (55.0 – 60.0 %), citronellal (0.01 – 1.0 %), methyl heptonone (trace – 0.4 %), cyclocitral (trace – 0.5 %), myrcene (trace – 0.5 %).

Aromatherapy uses

The scent of lemon myrtle is refreshing and invigorating. It is recommended for improving concentration as well as being relaxing and emotionally uplifting.

Lemon myrtle has very strong antimicrobial activity. It is beneficial for influenza, bronchitis and herpes simplex.

Blending

Lemon myrtle blends well with bergamot, all of the eucalyptus oils, fragonia, frankincense, geranium, kunzea, lavender, lemon, mandarin, neroli, peppermint, sweet orange, rosemary, tea tree and Australian sandalwood. Use sparingly as its intense lemony scent can overpower the blend.

How to use

Massage, vaporiser.

Safety

Lemon myrtle is considered to be non-toxic. However as it has a high citral content it may be a dermal irritant and dermal sensitiser.

Tea tree

Tea tree oil is water or steam distilled from *Melaleuca alternifolia*. Tea tree is found in the warmer, east coast of Australia. It naturally prefers swampy areas, drainage lines and river banks. Most of the oil available nowadays is from commercial plantations.

Characteristics

Tea tree oil has a warm spicy, aromatic odour.

Chemical composition

A typical chemical analysis of *Melaleuca alternifolia* is reported as follows: α -pinene (2.1%), β -pinene (0.4%), sabinene (0.2%), myrcene (0.4%), α -phellandrene (0.8%), α -terpinene (7.1%), limonene (1.4%), 1,8-cineole (3.0%), δ -terpinene (15.7%), p-cymene (6.2%), terpinolene (3.4%), linalool (0.2%), terpinen-4-ol (45.4%), α -terpineol (5.3%).

Aromatherapy uses

Tea tree oil is well known for its excellent antimicrobial, antibacterial and antiviral properties. It can be used as an inhalation for the temporary relief of respiratory problems such as coughs and colds, flu, sinusitis and mucous congestion.

Tea tree also provides temporary relief from the symptoms of eczema, cold sores, and rashes. It will assist and promote the healing of wounds and minor cuts and soothes insect bites.

Blending

Tea tree oil will blend well with essential oils such as bergamot, citronella, all the eucalyptus oils, fragonia, kunzea, lavender, lemon, lemon myrtle, lemongrass, sweet orange, peppermint, pine, rosemary, rose otto, sandalwood, thyme.

How to use

Bath, massage, vaporiser.

Safety

Tea tree oil is non-toxic, non-irritant and possibly sensitising to some individuals.

Sandalwood, Australian

Australian sandalwood is distilled from the timber of *Santalum spicatum*. It grows in the drier inland regions of Western and South Australia.

Characteristics

Australian sandalwood oil is a pale yellow to yellow, viscous liquid with a soft, sweet-woody and extremely tenacious odour.

Chemical composition

A typical chemical composition of *Santalum spicatum* essential oil is as follows: santalenes (4 to 8.5%), α -santalol (20 to 25%), α -bisabolol (3 to 5%), z-alpha(trans) bergamatol (3 to 5%), epi β santalol (2 to 3%), β -santalol + nuciferol (20 to 30%), farnesol (3 to 5%).

Aromatherapy uses

Australian sandalwood helps to relieve nervous tension, stress and mild anxiety. The woody scent of sandalwood creates serenity and instils inner calm. It may be used for meditation.

Australian Sandalwood has excellent anti-inflammatory and antiseptic properties. It may be used for the relief of acne, dermatitis, eczema and dry skin.

Blending

Australian sandalwood oil will blend well with essential oils such as bergamot, German or Roman chamomile, cedarwood, fragonia, kunzea, frankincense, geranium, lavender, lemon, neroli, patchouli, rose, vetiver and ylang ylang.

How to use

Bath, massage, vaporiser.

Safety

Australian sandalwood is considered to be non-toxic, non-irritant and non-sensitising.

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Summary of Australian essential oil's properties

Common Name	Botanical Name	antiseptic	aches & pains	colds & flu	bronchitis & cough	insect repellent	skincare	uplifting	energising	relaxing
Eucalyptus, blue mallee	Eucalyptus polybractea	x	x	x	x	x		x		
Eucalyptus, lemon scented	Eucalyptus citriodora	x		x		x		x		
Eucalyptus, broad-leaved peppermint	Eucalyptus dives	x	x	x	x	x			x	
Fragonia	Agonis fragrans	x	x	x		x	x	x		x
Kunzea	Kunzea ambigua.	x	x	x		x	x	x		
Lemon myrtle	Backhousia citriodora	x		x		x			x	
Sandalwood	Santalum spicatum	x		x	x	x	x			x
Tea tree	Melaleuca alternifolia	x	x	x	x	x	x	x		



About the Australian Koala Foundation

Did you know there are less than 80,000 koalas left in Australia?

Perfect Potion is a proud supporter of the Australian Koala Foundation, the international scientific organisation dedicated to the conservation of wild koalas and their habitat.

Established in 1986, this not for profit organisation does not accept government funding in order to remain an independent voice for the plight of koalas.

By funding research that informs landholders, planners and legislators about habitat conservation, the CEO Deborah Tabart OAM has led the Australian Koala Foundation to win international acclaim - not to mention conservation victories - for research projects such as the Koala Habitat Atlas.

Visit www.savethekoala.com to learn more about this amazing organisation.



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