

Common Name	Botanical Name & Chemotype	Principal Constituents	Plant Part
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Eucalyptus Blue Gum <i>Eucalyptus globulus</i>		1,8 cineole (77%), $\alpha$ -pinene (8%), $\alpha$ -terpineol (3.5%), < 1% of globulol, pinocarveol	Leaf/stem
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Country of Origin	Growing Method	Effects and Comments
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Portugal	Wild	The classic Tasmanian Blue Gum oil, as mentioned in most Aromatherapy texts. As with <i>E. radiata</i> , useful for many respiratory complaints, and aids in the relief of nerve pain, headaches, minor wounds and burns. Sustainably wild harvested and single distilled.
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