

# Cajuput Essential Oil Health and Beauty Benefits

The health and beauty benefits of cajuput essential oil are its antiseptic and analgesic properties. It is also considered to have anti-inflammatory qualities, which can be useful in treating minor skin wounds, and inflammatory skin conditions. Cajuput essential oil has also shown to be effective in treating common colds and the flu.

Cajuput essential oil is a natural ingredient that comes with a variety of health benefits, without all the harmful chemicals and side effects of synthetic, manufactured, commercial products. Despite the fact that is a natural, organic product, cajuput essential oil can be powerful when used as medication.

Like all [essential oils](#), it should be diluted in a carrier oil before applying it to your skin. It is also contraindicated for some people. Before using cajuput essential oil, please read through [our list of precautions](#).

## Description of Cajuput

*Melaleuca cajuputi*, commonly known as cajuput or white samet is a plant in the Myrtaceae (myrtles) family. Myrtaceae is a family of dicotyledonous plants placed within the order Myrtales. Myrtle, pōhutukawa, bay rum tree, clove, guava, acca (feijoa), allspice, and eucalyptus are some notable members of this group. All species are woody and contain essential oils.

*Melaleuca cajuputi* is usually a medium to large tree, often growing to 100 feet (35 m) and sometimes to 200 feet (46 m) with grey, brownish or whitish papery bark. It has important uses as a source of cajuput essential oil. The new growth is silky-hairy, becoming glabrous (lacking hair, down, setae, trichomes or other such covering) as it matures.

The leaves are arranged alternately 2–6 inches (40–140 mm) long and 0.3–2 inches (7.5–60 mm) wide, tapering at both ends.

The flowers are white, cream or greenish–yellow mostly in dense spikes at the ends of the branches which continue to grow after flowering but also often in the axils of the upper leaves. The spikes contain anywhere from 8 to 20 groups of flowers, each group has three flowers.

The stamens are grouped in five bundles around the flower, each bundle contains anywhere from 6 to 18 stamens. Timing of flowering varies with subspecies. The fruits are woody, cup-shaped capsules clustered loosely along the branches, each fruit is 0.08–0.1 inches (2–2.8 mm) long.

## Taxonomy and Naming of Cajuput

*Melaleuca cajuputi* was first formally described in 1809 by British missionary Thomas Powell in *Pharmacopoeia of the Royal College of Physicians of London* with a reference to an earlier (1747) description by German botanist Georg Eberhard Rumphius in *Herbarium Amboinense*.

Three subspecies have been described, and the names have been accepted by [Plants of the World Online](#) (POWO):

1. *Melaleuca cajuputi* Powell subsp. *cajuputi* has leaves 0.3–1 inches (7–26 mm) wide, seven to ten stamens per bundle and flowers from March to November.
2. *Melaleuca cajuputi* subsp. *cumingiana* (honors English collector Hugh Cuming) Turcz. (after Russian botanist Nikolai Stepanovich Turczaninow) Barlow has leaves 2–8 inches (40–200 mm) long and 0.4–0.8 inches (10–20 mm) wide, there are seven to nine stamens per bundle and flowers from February to December.

3. *Melaleuca cajuputi* subsp. *platyphylla* (meaning "flat- or wide-leaved") Barlow has leaves 0.6–2 inches (15–60 mm) wide, eight to thirteen stamens per bundle and flowers from January to May and August to September.

### **Distribution and Habitat of Cajuput**

The cajuput tree features a versatile trunk, white bark, pointed leaves as well as white flowers. The flowers emit an aroma that naturally attracts honey bees. They're small, durable trees with very long lives. They're well known for their resistance to forest fires.

The trees yielding cajuput essential oil are found widespread in Australia, New Guinea, the Torres Strait islands (also known as Zenadh Kes, a strait between Australia and the Melanesian island of New Guinea) and Maritime Southeast Asia (comprises the countries of Brunei, East Timor, Indonesia, Malaysia, the Philippines and Singapore).

The majority of cajuput essential oil is produced on the Indonesian island of Sulawesi (also known as Celebes, one of the four Greater Sunda Islands). Cajuput trees originate in Malaysia but also grow in Indonesia, Vietnam, and Australia. While the best essential oil is obtained from the wild trees of cajuput in Indonesia and Malaysia, cajuput trees are also cultivated by farmers, especially in Vietnam.

*Melaleuca cajuputi* subsp. *cajuputi* occurs in the Dampier Peninsula, Calder River and the Fitzroy Crossing district in the Central Kimberley biogeographic zone in Western Australia (the northern part of the Northern Territory), and East Timor (or Timor–Leste). Timor–Leste, officially the Democratic Republic of Timor–Leste is an island country in Southeast Asia. *Melaleuca cajuputi* subsp. *cajuputi* grows in woodland, vine forest, gallery forest and savannah forest, on clayey and peaty loam.

*Melaleuca cajuputi* subsp. *cumingiana* (Turcz.) Barlow occurs in Myanmar, Thailand, Vietnam, Malaysia and Indonesia, including Sumatra (the largest of the Sunda Islands of western Indonesia), West Java (Indonesian province located on the western part of the island of Java) and south–west Kalimantan (the Indonesian portion of the island of Borneo). It grows in coastal swamp forest. In Thailand, the species is known as "white samet".

*Melaleuca cajuputi* subsp. *platyphylla* Barlow occurs in New Guinea, the Torres Strait islands and north–western Queensland as far south as the city of Cairns. It grows in similar habitats to subsp. *cajuputi*.

### **The History of Cajuput**

Indigenous Australian peoples (or Aboriginal Australians), the various Indigenous peoples of the Australian mainland and many of its islands), used the leaves of this species to treat aches and pains and inhaled vapors from the crushed leaves to treat respiratory infections.

In Thailand the leaves are used to make an herbal tea as a treatment for a range of medical ailments. In many parts of Asia, the essential oil which gives the tree its name—cajuput—is used as a liniment and inhalant.

### **The Etymology of Cajuput**

Cajuput also goes by the names of cajuput, *kajuput*, *melaleuca cajuputi*, and *minyak kayu putih*. Other names are aceite de cajuput, *cajuputi aetheroleum*, cajuputier, essence de *caia-pouti*, essence de cajuput, huile de cajoupouli, huile de cajuput, kajuput, *kajuputi leucadendra*, kayaputi, *melaleuca leucadendra*, *melaleuca leucodendron*, *melaleuca quinquenervia*, *myrtus leucadendra*, paperbark tree and punk tree.

The specific epithet (botanical name) “*cajuputi*” is probably derived from the Indonesian or Malay (an Austronesian language official in Indonesia, Brunei, Malaysia, and Singapore, and unofficial in East Timor, and parts of Thailand and the Philippines) name, *kayu putih* or “white tree”.

### The Phytochemistry of Cajuput Essential Oil

All the data for essential oil composition are from the book *Evidence-Based Essential Oil Therapy: The Ultimate Guide to the Therapeutic and Clinical Application of Essential Oils* (2015–07–14) by Dr. Scott A. Johnson.

The main components of cajuput essential oil are *caryophyllene*, *alpha pinene*, *beta pinene*, *limonene*, *alpha terpinene*, *alpha terpineol*, *gamma terpinene*, *terpinolene*, *terpineol*, *1,8-cineole*, *cymene*, *linalool*, and *myrcene*.

Other beneficial phytochemical compounds in cajuput essential oil are *eucalyptol*, *valeraldehyde*, *pinocarveol*, *pine*, *globular camphene*, *fenchone*, and *butyraldehyde*.

### Production of Cajuput Essential Oil

Commercial cajuput /'kadjəpʌt/ essential oil is a volatile oil obtained by steam distillation from the twigs and leaves of the myrtaceous trees *Melaleuca leucadendra* (commonly known as weeping paperbark, long-leaved paperbark or white paperbark), *Melaleuca cajuputi* subsp. *cajuputi* (commonly known as cajuput or white samet) and probably other *Melaleuca* species.

*Melaleuca* is a genus of nearly 300 species of plants in the Myrtaceae (myrtle) family, commonly known as paperbarks, honey-myrtles or tea-trees.

The process of extracting cajuput essential oil is similar to that of extracting [eucalyptus essential oil](#). The essential oil is obtained from cajuput leaves and twigs macerated in water, and steam distilled after fermenting for a night.

The resulting essential oil is extremely pungent, flammable, and has the odor like a mixture of turpentine (a fluid obtained by the distillation of resin harvested from living pine trees), eucalyptus (a genus of species in the Myrtaceae family) and camphor (an aromatic, waxy, flammable, transparent solid terpenoid).

This pale yellow liquid essential oil contains up to 60% *1,8-cineole* (*eucalyptol*), a colorless bicyclic ether and monoterpenoid, and an unsaturated hydrocarbon. *Eucalyptol* has a fresh mint-like scent and a spicy, cooling taste. It is insoluble in water, but miscible with organic solvents. *Cajuputene* is obtained from *1,8-cineol* by distillation with *phosphorus pentoxide* (the *anhydride* of *phosphoric acid*, a white crystalline solid powerful desiccant and dehydrating agent).

Cajuput essential oil is used internally in doses of no more than 2–3 minims (a unit of volume in both the imperial and U.S. systems that measures  $\frac{1}{60}$  of a fluid drachm, or  $\frac{1}{480}$  of a fluid ounce), for the same purposes as clove essential oil (*Syzygium aromaticum*).

It is frequently employed externally as a counterirritant (applying a substance to create mild inflammation in one location with the goal of lessening pain and inflammation in another location).

It is an ingredient in some liniments (or *embrocation*, a medicated liquid, lotion or balm for topical application) to relieve sore muscles such as Tiger Balm (an analgesic heat rub used for pain relief manufactured by the Singaporean conglomerate Haw Par Corporation), and Indonesian traditional medicine known as “*Minyak Telon*”.

It is also used as an ingredient in inhalants and decongestants. As well as an ingredient in topical pain inflammation remedies such as “*Olba’s Oil*”, a remedy made from an essential oil blend of Swiss origin,

for congestion, hay fever and muscle aches. The name is a contraction of *Oleum Basileum*, "oil from Basel").

## **Other Uses of Cajuput**

### **As Timber**

In Southeast Asia, *Melaleuca cajuputi* is used as fuel and for making charcoal. It is used on a small scale for supporting columns, frames and floorboards in house construction, and for fences. The bark has been used as roofing material and a sealant in boat construction. And as a caulking material for boats in Indonesia.

### **For Food**

Cajuput essential oil is used for the treatment of bacterial or fungal infections in fish. It is most commonly used to promote fin and tissue regrowth, but is also effective in treating other conditions, such as fin rot (a symptom or the actual disease) or velvet (a disease caused by *dinoflagellate* parasites of the genera *Amyloodinium*, in salt water, and *Oodinium*, in freshwater).

Common brand names containing cajuput are Melafix (a brand of aquarium medicine made by Mars Fishcare, marketed as a natural remedy for bacterial infections) and Bettafix. Melafix is a stronger concentration and Bettafix is a lower concentration that makes it harder to overdose smaller fish, such as bettas (a large genus of small, active, colorful, freshwater ray-finned fishes, in the gourami family Osphronemidae).

Cajuput essential oil should not be confused with either tea tree (*Melaleuca alternifolia*), eucalyptus (*Eucalyptus globulus*) or niauli (*Melaleuca viridiflora*) essential oils.

### **Cajuput Essential Oil vs. Eucalyptus Essential Oil**

Eucalyptus essential oil is a more well-known essential oil. Cajuput essential oil has a similar scent to eucalyptus essential oil, which has a penetrating, fresh camphor-like, woody-sweet scent and a spicy, cooling taste. Both are also used topically for antiseptic and analgesic purposes.

Eucalyptus essential oil has also been clinically studied as a natural remedy for cough and colds, whereas cajuput essential oil has very few research studies on the safety and efficacy of its use for the same remedies. Eucalyptus essential oil is also more widely available.

### **Cajuput Essential Oil vs. Tea Tree Essential Oil**

Tea tree oil, also known as melaleuca oil, is an essential oil with a fresh camphoraceous odor and its color ranges from pale yellow to nearly colorless. It is obtained from the leaves of *Melaleuca alternifolia*, commonly known as tea tree, a species of tree or tall shrub endemic to Australia, in the Myrtaceae (myrtle) family.

### **The Health and Beauty Benefits of Cajuput Essential Oil**

The health benefits of cajuput essential oil may include its properties as an antiseptic, cosmetic, bactericidal, insecticide, decongestant, analgesic, expectorant, febrifuge, vermifuge, anti-spasmodic, anti-neuralgic, carminative, stimulant, tonic, sudorific, and emmenagogue substance.

It is also considered an anti-inflammatory, which is sometimes used to help treat minor skin wounds, colds and inflammatory skin diseases.

A [2002 study examined \*Melaleuca tree allergens\*](#) and did not find anything significant—although skin irritation may occur in high doses. Anecdotal evidence has reported its use as an insect repellent, as a

sedative and relaxant. It has also been used to treat roundworm and urino–genital infections. Additionally, it is used to flavor foods, and to add fragrance to soaps and cosmetics.

### 1. Antibacterial & Antimicrobial

Perhaps the most beneficial medicinal properties of cajuput essential oil are its antimicrobial, antibacterial, antifungal and antiviral activities. It is effective at [fighting infections from bacteria, viruses and fungi](#) as methicillin–resistant (MRSA) treatment.

It can be applied topically to cuts and wounds as first aid. Diluting a few drops of cajuput essential oil in clean water, and then using this mixture to wash the wound can prevent infection. Read further about healing wounds in our related article [babchi seed oil health and beauty benefits](#).

It has shown to inhibit the growth of Gram-positive bacteria such as *Bacillus cereus*, *Bacillus subtilis*, *Corynebacterium diphtheriae*, *Corynebacterium minutissimus*, *Enterococcus faecium*, *Listeria monocytogenes* (listeriosis), *Micrococcus luteus*, *Staphylococcus aureus* (staph), *S. capitis*, *S. epidermidis*, *S. faecalis* and *Klebsiella spp.* at low concentrations when compared to tea tree essential oil.

The growth of Gram-negative bacteria at higher concentrations, including *Alcaligenes faecalis*, *Enterobacter cloacae*, *Escherichia coli* (E. coli), and *Proteus vulgaris*. Yeasts such as *Candida albicans*, *C. vaginalis*, and *C. glabrata*. And molds such as *Aspergillus niger* and *Penicillium notatum*.

Research from [1960 studied the use of cajuput essential oil](#) for treating *furunculosis*—an infection of the hair follicle—which can lead to abscesses. The risk of these infections is that they are commonly caused by *Staphylococcus aureus*, and are often MRSA.

The study found that cajuput essential oil showed a high germicidal activity against *S. aureus* and encouraged more rapid healing without scarring than traditional treatments. There were no toxic effects of the treatment in any of the cases.

In one case, the patient reported a history of recurrences of the boils. After applying cajuput (*Melaleuca alternifolia*) essential oil whenever a new boil developed, this treatment proved successful in aborting the development of further boils.

Another [older study in 1992](#) researched cajuput essential oil in combination with other antibiotics. The study found combinations with antibiotics, in synergistic action, potentiated its therapeutic potential. *Consult your doctor before using cajuput essential oil while taking prescribed antibiotics.*

### 2. Relieves Chest Congestion

Much like eucalyptus essential oil, cajuput essential oil is a decongestant and expectorant. As a decongestant, it provides relief from nasal and chest congestion. It provides relief from a cold, cough or the flu, long–term conditions such as sleep apnea or COPD, and infections like pneumonia or bronchitis, and the resultant inflammation of the throat and respiratory tract as in cases of *laryngitis* (larynx), *pharyngitis* (pharynx) and *chronic bronchitis* (bronchi).

Cajuput essential oil can also help get rid of mucus by thinning the *sputum*. It can also help in treating sinusitis and general sinus congestion by diffusing it in the air or through steam inhalation.

It is not yet known whether the use of cajuput essential oil can help the symptoms of asthma, some health experts claim that it can actually worsen the disease and trigger asthma attacks in some people. For treating asthma you can use the health benefits of *lagundi* leaves instead.

### 3. Stimulant & Sudorific (Promotes Perspiration)

Cajuput essential oil creates a warming effect and encourages circulation. As a stimulant, it also stimulates the eccrine glands, promoting perspiration and therefore serving as a *sudorific*. These effects are beneficial because they aid in removing toxins from the body.

#### **4. Pain Relief (Analgesic)**

It has analgesic and anti-inflammatory properties, meaning that it can reduce pain symptoms. When applied topically it can reduce pain in joints, headaches, and muscles. It reduces pain symptoms, while also cooling down the body and relaxing blood vessels.

It can be applied to different types of pain caused by injuries, arthritis, gout, back pain. As well as pain caused by various types of nerve problems such as sciatica, neuralgia and *neuritis*. Check out our related article on [arnica oil health and beauty benefits](#) as well as our [recipes using arnica oil](#).

#### **5. Relief From a Headache**

*Neuralgia* is a painful condition in which the throat, ears, tonsils, nose, larynx, and pharynx experience severe pain. The pain is caused by the compression of the *glossopharyngeal* (or the ninth cranial nerve) by the surrounding blood vessels, causing it to swell from chewing, eating, laughing, shouting or any other similar functions.

Applying cajuput essential oil on the back and side of the neck will open up the airways and relax the upper respiratory system. This is a more natural way to recover from a headache than taking manufactured analgesics like aspirin, which can potentially damage your liver.

#### **6. Lower a Fever (Antipyretic)**

Cajuput essential oil can offer relief from a fever. Applying a cold compress of a solution of water and cajuput essential oil can have a cooling effect on the skin that will slowly reduce your body temperature.

#### **7. Relief from Indigestion**

Topical application of cajuput essential oil on the stomach can reduce symptoms of indigestion such as flatulence, stomach pain and nausea. Cajuput essential oil functions as a carminative, meaning it can relieve and prevent excess gas.

#### **8. Managing Blood Sugar and Obesity**

A [2013 study published in the \*Journal of Natural Medicine\*](#), from the [Institute of Natural Medicine at the University of Toyama](#), Toyama, Japan showed that water and methanol extracts of 28 medicinal plants including cajuput, can be used in the treatment of impaired glucose tolerance, and Type II diabetes. The researchers claimed that the herb may increase insulin sensitivity, improve glycemic control and resistance due to obesity.

#### **9. COVID-19 Research Into Cajuput Essential Oil**

While researchers worldwide were testing possible vaccines for COVID-19, there were some that were looking at other possible measures for preventing infection from the coronavirus. One [2020 study](#) looked at the inhibitory activities of cajuput essential oil on COVID-19 infection.

Researchers were interested in the oil's antiseptic and anti-inflammatory properties. Cajuput essential oil was extracted from fresh cajuput leaves through steam distillation. The results indicated that the enzyme proteins in the human body that are the host receptors of the coronavirus were strongly inhibited by 10 out of the 24 compounds that make up 70.9% of the essential oil.

The most powerful anti-coronavirus activity was expressed in this order: *terpineol*, *guaiol*, *linalool*, *1,8-cineol*, *β-selinenol*, *α-eudesmol* and lastly, *γ-eudesmol*.

*Note: it is important to follow the latest [Centers for Disease Control and Prevention \(CDC\)](#) guidelines on COVID-19 prevention, such as social distancing, washing your hands, wearing face masks and disinfecting surfaces.*

### **10. Relief from Cramps**

Cajuput essential oil is an antispasmodic, it is known as a natural remedy for different types of cramps, like menstrual and muscle cramps. As a stimulant, cajuput essential oil boosts blood circulation and acts as an emenagogue.

### **11. Relief from a Toothache**

Cajuput essential oil has a similar effect to that of clove bud essential oil when used for relief from a toothache. It offers fast, long-lasting relief. It also kills the germs inside the mouth and reduces pain in the gums due to tooth loss.

### **12. Aids in Skin Care**

Cajuput essential oil has antiseptic and astringent properties for which it is used extensively in cosmetics and antibacterial ointments. It soothes, tones and brightens the skin while keeping it free from infection. The antioxidant properties of cajuput essential oil may also protect it from free-radical damage.

Cajuput essential oil is used in small dosages (0.5–2%) as an ingredient in ointments for the treatment of dermatitis, eczema and even varicose veins. As an astringent, the compounds *terpinen-4-ol*, *1,8-cineol*, *linalool* and *alpha-terpineol* can regulate the creation of *sebum* (oil) by the sebaceous glands under the surface of the skin.

*Note: Keep in mind that skin diseases must be analyzed by a doctor before determining the right course of treatment.*

### **13. Aids in Hair care**

Cajuput essential oil has anti-microbial properties that help keep the hair and scalp healthy by protecting them from infection and dandruff. This essential oil is used as a component in henna for body art.

Another use for cajuput essential oil is in henna hair coloring. According to [“The Henna Page”](#) cajuput, tea tree and ravsara essential oils contain *terpenes* that are excellent choices for darkening henna. Tea tree has the highest *terpene* levels but cajuput typically has a more pleasant scent.

### **14. Insect Repellent**

Cajuput essential oil is a great natural way of repelling insects. If you're spending time outdoors, you can keep yourself protected from insect stings and bites by diluting it with a carrier oil, and rubbing the mixture on your skin. And check out our post on TikTok for instructions on how to make your own [homemade bug spray](#).

Cajuput essential oil's insecticidal properties are strong enough that even in diluted form it is effective. Spraying it or diffusing it throughout the home can keep mosquitoes, ants, and other types of pests (with the exception of cockroaches) away. Dipping a mosquito net in this essential oil can provide extra protection.

### **15. Aromatherapy Use**

When used in aromatherapy, cajuput essential oil can improve sluggishness, brain fog and concentration. It can relieve anxiety and stress. Diffusing it in the air can also relieve nausea and curb vomiting. *It may not be advisable for ultrasonic diffusers due to its limonene content.*



## 16. As An Herbal Tea

Although producers of cajuput essential oil advise against its internal use. But Dr. Adji Suranto, SpA, a member of the [Indonesian Doctors Association](#) in Jakarta, asserts that cajuput essential oil can be used as an oral medication for throat infections, intestinal worms and cholera.

### The Therapeutic Uses of Cajuput Essential Oil

Cajuput essential oil has a strong camphor-like odor similar to that of [eucalyptus](#) and [birch](#). Cajuput essential oil blends well with [angelica](#), [bergamot](#), clove bud, lavender, geranium, rosemary, cedarwood, pine and thyme essential oils. This oil also blends well with essential oils from familial plants like tea tree and eucalyptus.

When properly diluted and tested for allergic reactions, cajuput essential oil may be safely used for topical application (your hair and skin). The concentration of *eucalyptol* in cajuput essential oil is 45%–65%, when the proper extraction method is used. Cajuput essential oil contains antioxidants like beta-carotene. It is considered a natural organic opioid, without the habit-forming or side effects of other opioids.

- 1. For Treating Minor Skin Infections:** first conduct a skin patch test according to directions in our [precautions below](#). Then apply diluted cajuput essential oil directly on minor wounds, scratches and rashes. Another option is to add cajuput essential oil to body lotion, 2–3 drops for every 1 ounce of lotion.
- 2. For Cleansing Excess Oil:** soak a clean washcloth with cool tap water, add 2 drops cajuput essential oil, and then gently rub the cloth all over affected areas.
- 3. For Hair:** apply diluted cajuput essential oil directly to scalp or hair. Another option is to add several drops of cajuput essential oil to your shampoo and then wash hair as usual.
- 4. In Aromatherapy:** while inhaling cajuput essential oil directly from the bottle isn't advisable, you may consider diffusing the essential oil in aromatherapy. Diffusing this essential oil may provide temporary relief from congestion and headaches.
- 5. To Reduce Muscle Cramps:** fill the bathroom tub with hot water, add 1 cup Epsom salt, and 20 drops each of cajuput and lavender essential oils. Soak in it for at least 15–20 minutes. Gently massage affected areas. For instant relief soak a clean washcloth in a solution of warm tap water, Epsom salt and 3–5 drops cajuput essential oil, then apply the washcloth to the affected areas.
- 6. Lower A Fever:** mix 2–3 drops cajuput essential oil into a bowl or sink filled with cold water. Then soak a cotton cloth in the solution and apply it topically on the skin.
- 7. Soothing a Toothache:** adding a few drops of this oil to a cotton ball and then placing it directly on the affected teeth. It can also be mixed with turmeric powder, added to a cotton ball and applied to the affected area.
- 8. Diffuser Blend:** mix 5 drops cajuput essential oil with water in a diffuser to help clear congestion.
- 9. Soothing Chest Rub:** to make a soothing chest rub, mix 2 tablespoons of coconut oil, 10 drops of cajuput essential oil, and 5 drops each of eucalyptus, rosemary, and peppermint essential oils. Gently massage onto the chest and back as needed to relieve congestion.
- 1. Natural Insect Repellent:** mix 2 ounces cajuput essential oil with 8 ounces of a carrier oil and 10 drops each of lemon, lavender, and peppermint essential oils. Apply to the skin to repel insects such as mosquitoes and flies.
- 2. Foot Soak:** to soothe tired feet, mix 1 cup of Epsom salt with 20 drops of cajuput essential oil in a large bowl of warm water. Soak your feet for at least 15–20 minutes and breathe in the relaxing aroma.



## Great Essential Oil Diffuser Blends with Cajuput Essential Oil

1. **Energizing Blend:** 3 drops lemon, 2 drops rosemary, 2 drops cajuput
2. **Focus Blend:** 3 drops basil, 2 drops peppermint, 2 drops cajuput
3. **Immune–Boosting Blend:** 4 drops eucalyptus, 3 drops rosemary, 3 drops cajuput
4. **Relaxing Blend:** 3 drops lavender, 3 drops chamomile, 2 drops cajuput
5. **Respiratory Ease Blend:** 4 drops eucalyptus, 3 drops peppermint, 3 drops cajuput
6. **Stress Relief Blend:** 5 drops lavender, 4 drops orange, 1 drop cajuput
7. **Warming Winter Blend:** 5 drops cardamom, 2 drops clove, 2 drops cajuput

## Buying and Storage

Cajuput essential oil is available in health food stores and online. When purchasing cajuput essential oil, beware it is usually adulterated with eucalyptus and camphor essential oils. Look for products that are 100% from the cajuput tree.

As with all carrier oil and essential oil products, be aware of the quality of what you purchase and always buy from reputable, well–sourced manufacturers. Store in tightly–sealed dark glass bottles in a cool, dark place away from sunlight. When stored properly, cajuput essential oil can last for up to two years.

## Precautions

The appropriate dose of cajuput essential oil for use as treatment depends on several factors such as the user's age, medical conditions and overall health. Keep in mind that natural products are not always necessarily safe and dosage can be important.

Cajuput essential oil can still cause side effects similar to any other type of essential oils. Symptoms of side effects may include: skin rash, redness, irritation, burning and hives. Be sure to follow relevant directions on product labels and consult your pharmacist, physician or other healthcare professional before using.

Very minute amounts of cajuput essential oil are likely safe for ingestion when added to food as flavoring. Use caution when using cajuput essential oil in aromatherapy. Avoid direct inhalation, as this essential oil may cause or worsen upper respiratory conditions. Inhaling cajuput essential oil might bring on an asthma attack.

Cajuput essential oil might affect blood sugar levels. Monitor your blood sugar levels carefully if you have diabetes. The dose of your diabetes medication may need to be changed. It also might interfere with blood sugar control during and after surgery. Stop using cajuput essential oil at least 2 weeks before a scheduled surgical procedure.

Always dilute cajuput essential oil with a carrier oil due to its high concentration. Common carrier oils you could use include [babassu](#), [argan](#), sunflower, sweet almond or hemp seed oils. When applying cajuput essential oil topically (on your skin), always perform a 24–hour skin patch test first using 1–2 drops, [read how for further details](#). If you develop an allergic reaction, discontinue use.

The [National Association for Holistic Aromatherapy](#) recommends the following for topical use: start with 3–6 drops for every 1 oz. of carrier oil. If you don't have sensitive skin, you can gradually increase this amount to up to 15 drops. Cajuput essential oil can be helpful for eczema but may exacerbate other skin conditions such as psoriasis. Applying cajuput essential oil to the skin may cause *allergic dermatitis*.

Pregnant and nursing women should especially avoid ingesting it. If nursing or pregnant, consult your physician prior to using cajuput essential oil. Do not use cajuput essential oil on children. Some brands clearly label their essential oils as “KidSafe” on the bottle if it can be used on children ages 2–10.

Do not apply cajuput essential oil directly to broken or damaged skin. Do not apply directly to open wounds. Never use cajuput essential oil in eyes or in mucous membranes. If you experience an allergic reaction after using cajuput essential oil, discontinue use immediately and consult your physician.

### **Drug Interactions**

Some medications, such as (Cytochrome P450 2D6 (CYP2D6) substrates), are changed and broken down by the liver. Cajuput essential oil might slow down this process amplifying their side effects. If you are taking any medications that are metabolized by the liver, talk to your healthcare provider before using cajuput essential oil.

Medications that might be affected include amitriptyline (Elavil), clozapine (Clozaril), codeine, desipramine s(Norpramin), donepezil (Aricept), fentanyl (Duragesic), flecainide (Tambocor), fluoxetine (Prozac), meperidine (Demerol), methadone (Dolophine), metoprolol (Lopressor, Toprol XL), olanzapine (Zyprexa), ondansetron (Zofran), tramadol (Ultram), and trazodone (Desyrel).