

COLD AND FLU PREVENTION USING ESSENTIAL OILS

*Essential oil can be harmful if applied undiluted directly to the skin or if ingested. Consult with your doctor before use. For more information about essential oils, click here.

EUCALYPTUS

Opens nasal passages, stimulates circulation, and detoxes the body.

GINGER

Antibacterial analgesic that can reduce fevers, relieve sore throats and break up congestion.

ROSEMARY

Antibacterial properties help break up congestion in lungs, sinuses, and circulatory system.

LEMONGRASS

Helps reduce fever and induce sweating. Can ease aches and pains.

MELALEUCA/ TEA TREE

Rapidly treats cold sores when used topically, soothes sore throats, and relieves congestion through inhalation.

CEDARWOOD

Reduces runny nose, coughing, and watery eyes. Acts as a diuretic which helps remove toxins.

SWEET FENNEL

Anti-inflammatory oil that helps reduce abdominal pain and flushes out impurities.

PEPPERMINT

Reduces inflammation and increases blood flow.