



Essential Oil Blends For Colds & Flu

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Colds and Flu

Colds and flu are mild viral infections that cause a sore throat, blocked or runny nose, sneezing, fever and often a cough, the flu has similar symptoms but often more severe and often accompanied by high fever, muscle and joint pain, headache and fatigue. Colds and most cases of flu are not serious but anyone who's ever had a cold or the flu knows they are not not pleasant.



Symptoms of Colds & Flu

The symptoms of colds and flu include:

- Cough
- Sore throat
- Runny or blocked nose
- Headache
- Feeling tired or exhausted
- Loss of appetite

Additional symptoms common to flu

- Fever – a temperature of 38C or above
- Aching body
- Difficulty sleeping
- Upset stomach
- Feeling and/or being sick



Essential Oil Blends For Colds & Flu

Thyme Blend

Thyme – Thyme is a wonderful expectorant and stimulating oil, helping to ease congestion and revive energy levels.

Rosemary – Rosemary is such a great oil for flu, it's a general tonic oil that can increase general well-being along with its antidepressant and stimulating properties it can help increase overall well-being and boost a flagging spirit.

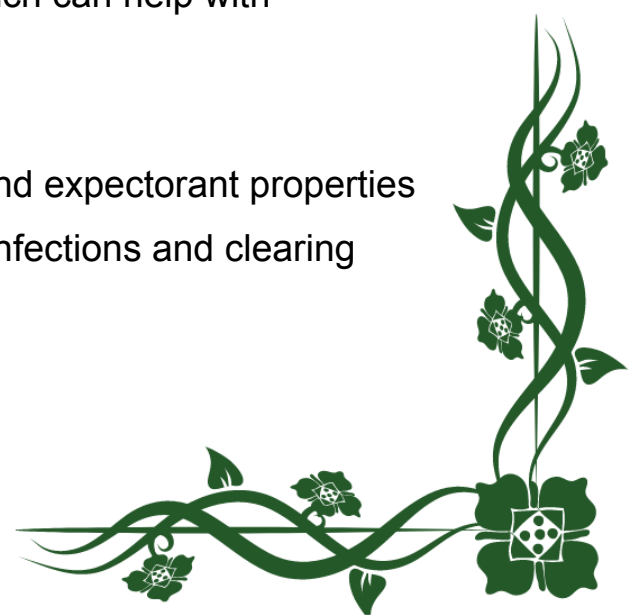
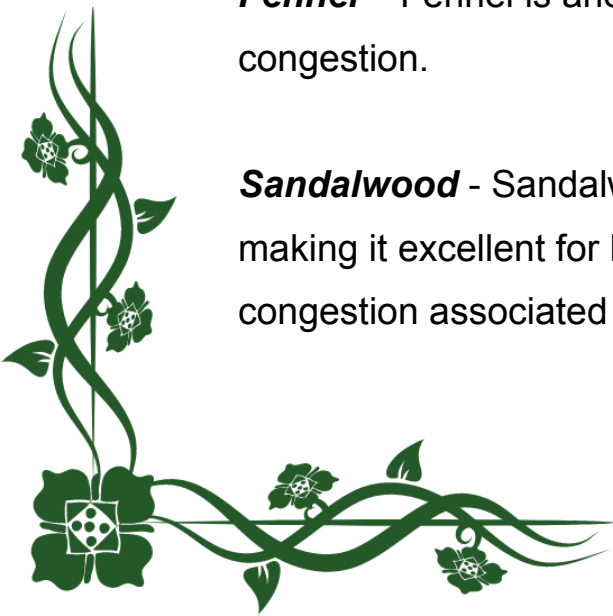
Benzoin - Benzoin has anti-inflammatory and antioxidant properties which can help ease the symptoms of the flu and speed up recovery, it's a warming stimulating oil that can help to revive flagging energy levels

Clary Sage Blend

Lemon – Lemon is an expectorant oil with antiseptic properties, it can help to ease congestion from both the sinuses and the chest.

Fennel – Fennel is another expectorant which can help with congestion.

Sandalwood - Sandalwood has anti-viral and expectorant properties making it excellent for helping to fight viral infections and clearing congestion associated with flu.



Lavender Blend

Eucalyptus – Not only is Eucalyptus a great decongestant and anti-viral oil which can help with the congestion common with flu but it can help to fight the viral infection, along with its analgesic and anti-inflammatory properties it can be used as an effective pain reliever and help to reduce inflammation.

Lavender – Lavender is an analgesic and anti-viral oil which can help to not only fight the virus but has pain relieving properties which can ease aching muscles, headache and sore throats. Lavender also has anti-depressant and decongestant properties which can help to relieve some of the congestion common with flu but also lift up the spirits when feeling unwell.

Benzoin - Benzoin has anti-inflammatory and antioxidant properties which can help ease the symptoms of the flu and speed up recovery, it's a warming stimulating oil that can help to revive flagging energy levels.



Making Your Own Essential Blend

If you have an empty essential oil bottle you can clean it out and make a blend to use when needed or you can add them individually in the following ratios.

Thyme Blend

Thyme– 3 drops

Rosemary– 3 drops

Benzoin – 3 drops

Sandalwood Blend

Sandalwood – 3 drops

Lemon – 3 drops

Fennel - 3 drops

Lavender Blend

Lavender – 3 drops

Eucalyptus– 3 drops

Benzoin - 3 drops



Ways To Use Your Blend

Now you've made your aromatherapy blend you need to think about the best way to use your blend. here are some ideas.

Diffuse

Diffusing a blend of these essential oils can help to relieve the symptoms of colds and flu such as blocked nose, headaches, congestion and lethargy.

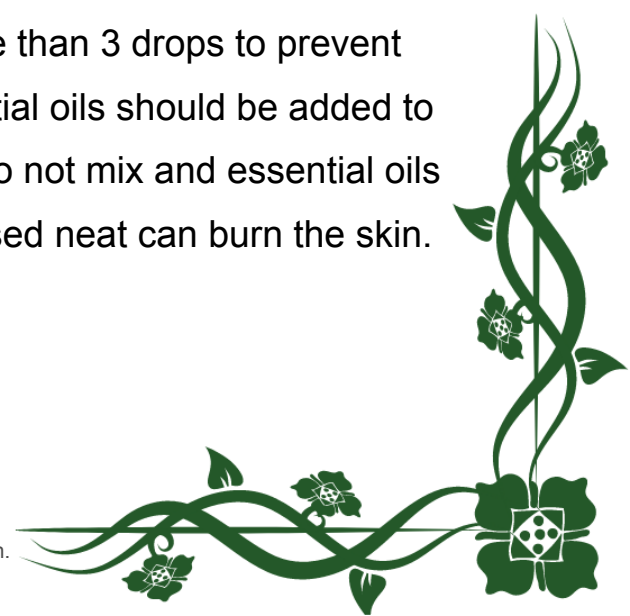
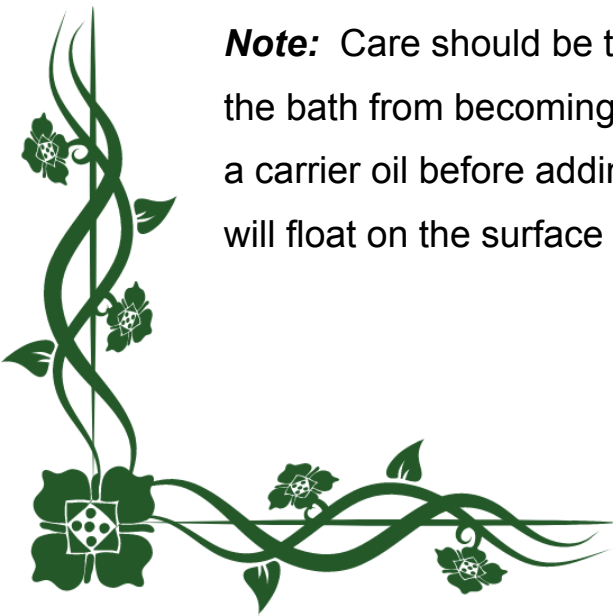
- Diffuse 1 - 3 drops of the your chosen essential oil blend in an oil burner or diffuser.

Bath

Taking a warm bath with these wonderful healing blends can help relieve symptoms of colds and flu, including aches and lethargy. As the heat of the water disperses the oil into the air it can help to ease congestion and headaches.

- Add 1 - 3 drops of your chosen essential oil blend to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Inhalation

Inhaling one of these blends of essential oils can be effective in helping to relieve symptoms associated with colds and flu such as congestion, headaches, sinusitis and catarrh. Steam inhalation helps to clear congestions in your head, nose and chest.

- Simply drop 1 -3 drops of your chosen blend of essential oils on a tissue or handkerchief and breath in deeply. Use as needed

Gargle

When very diluted these blends can be used to soothe inflamed sore throats.

- Add 1 – 3 drops of the essential oil blend to a glass of water and gargle, ensuring not to swallow. Repeat as needed.



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

People with an allergy to mint should not use Thyme as they may also be allergic to Thyme oil. Thyme should not be used if you suffer with high blood pressure. Pregnant or breastfeeding mums should avoid using Thyme. Avoid using on or around children.

Benzoin should not be used while pregnant or breastfeeding. Used in excess Benzoin can cause headaches, nausea and sickness.

Rosemary should not be used during pregnancy or if epileptic. If used in excess can act as a depressant.

There are no other specific cautions for Sandalwood or Lavender essential oils.

Eucalyptus should not be used with Homeopathic remedies because Eucalyptus is very strong and can cause adverse reactions with homeopathic treatments



As with all citrus oils you should avoid exposure to the sun or using a sunbed for about 12 hours after using Lemon and Fennel as it can cause skin pigmentation problems. Lemon can irritate sensitive skin. Avoid using Fennel during pregnancy and while breastfeeding. Avoid using Fennel if you have a hormone-sensitive condition such as breast cancer, uterine cancer, ovarian cancer, endometriosis, or uterine fibroids.

Fennel might cause an allergic reaction in people who are sensitive to celery, carrot or mugwort.

Fennel might slow blood clotting. Taking fennel might increase the risk of bleeding or bruising in people with bleeding disorders.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian
Health & Well-Being Powered By Nature



Find out more at

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