Essential Oils News

We are coming into fall which means for some of you allergy season, the first cold of the season, and maybe just run down from having too much fun over the summer. Either way we need to protect ourselves from what’s ahead. The wind picks up; the leaves start to fall. We seem to be outside watching sports or watching our children get the last nice days in before winter. I am a summer person, love my flip flops, beach sand, walking on the boardwalk. I will admit that fall for me is my favorite transitional season. Something about being cozy with a sweater, wearing shoes again comforts my feet somehow. The foliage is such a beautiful landscape. I always wanted to go apple picking. I used to get in the car and drive wherever, just to see the foliage and buy a pumpkin spice candle somewhere.

All of this sounds so wonderful, but what isn’t wonderful is the hacking cough of the person at the desk next to you. When you are on the train with no place to go, or on a plane and someone has the sniffles and you know that recycled air is not good. The minute you hear someone sneeze you think “Oh boy, they better not get me sick!” So what do you do? Well thanks for asking, and I will tell you. Arm yourself people! Don’t think you’re immune. Prepare before it even happens.

My GO TO essential oils:

A proprietary essential oil blend provides a natural and effective alternative for immune support. This protects against environmental and seasonal threats with essential oils known for their positive effects on the immune system.

**Protective Blend**

**Oil:** Use the oil to diffuse or a couple of drops under your tongue

**Soft gels:** Take daily to build immune system   
**Throat drops:** Use on the go when you are feeling under the weather

**Hand Wash:** Replace the toxic hand wash you’re using

**Toothpaste:** This is a great way to help aid in killing bacteria in your mouth

**Respiratory Blend:** Maintains feelings of clear airways and easy breathing. If you have chest congestion this is your oil. I use it every day for myself and my children to help promote clear breathing.

**Oil:** When I’m sick I use it straight from the bottle I like it strong and it allows me to breathe better. Can diffuse.

**Respiratory drops:** They work! And no one will smell you coming.

**Vapor stick:** Easy to put on your chest and not an oil feeling.

**Roll on:** Diluted for skin sensitivity, easier to put oil on when on the go.

**Peppermint:** Promotes healthy respiratory function and clear breathing.

**Oil:** Diffuse or smell right out of the bottle. It’s strong so watch your eyes.

**Roll on:** Diluted for skin sensitivity. I like this because I can put it behind my ears on my temples and it’s tolerable. Better choice for children or anyone with sensitive skin.