

ALLERGY SEASON IS JUST AROUND THE CORNER

get ready to
fight back with these
natural solutions

Morning Relief

5 drops Lavender

5 drops Eucalyptus

5 drops Lemon

how to use:

Capture or carry the essential oils in the shower. A washcloth, cotton balls or cotton face pad.

Drop the essential oils onto the pad or cloth and place it on the shower floor. Make sure to place it in an area where the water can reach, but don't let the water directly hit it or the oils can volatilize too quickly.

Add 10-12 drops for full effect.

Combat Congestion

Peppermint Essential Oil



how to use:

I recommend adding 5 to seven drops of essential oil to boiling water in a large pot or heatproof bowl. Use a towel to cover your head, and breathe through your nose for no more than two minutes at a time. Keep your eyes closed to prevent any irritation.

Peppermint acts as an expectorant and provides relief for allergies, as well as colds, coughs, sinusitis, asthma, and bronchitis.

Peppermint oil has the ability to discharge phlegm and reduce inflammation which is the leading cause of allergic reactions.

It can be added to a glass of water, cup of tea or smoothie. Peppermint oil can also be applied topically to the chest, back of neck and temples. Always dilute peppermint oil before applying topically. You can use your favorite carrier oils when formulating your perfect blend

Calm that Cough

Therapeutic Grade **Fennel**



You can ease that nasty cough by blending 2 to 3 drops of therapeutic fennel with your favorite local honey.

Natural Antihistamine

Lavender



I am big on preventive care. So, if you're someone who suffers from allergies. My favorite way to use lavender is get a small roller ball bottle add your favorite carrier oil then add 6 drops of lavender. Apply behind the ear, on the wrist and even below your nostrils. You can do this throughout the day.