



Every winter we all have the same concerns..... colds, flu and germs! There are the obvious things we can do for ourselves like washing our hands, eating right, and getting enough rest. But there is something you should consider adding to your winter regimen.....essential oils. Essential oils can be used in a variety of ways and most of them are antibacterial and antiviral. You can diffuse them in a room via a bowl of warm water, humidifier or a diffuser (see diffusers in our Aromatherapy Marketplace here on the website.)

Essential oils that are a good choice for this time of year are a blend of cinnamon, orange and cedarwood. These give your house the fragrant aroma associated with the holidays while kicking germs out the door! You can also mix this blend in bowls of potpourri and set them out for the holidays. I use a mixture of natural bay leaves, nutmeg, cloves, dried citrus and herbs for my potpourri base....then mix the oils with a little orris root and BAM (to quote Emeril) you have a natural, healthy potpourri!

Below are a few other ideas I hope you will find helpful! If you don't have a garden, get fresh herbs in the produce section and dry them in your microwave!

- 1.) Begin your day with a shower using essential oils (lemongrass, lavender and a drop of peppermint)
- 2.) Carry a handkerchief that you have sprinkled essential oils on and inhale often throughout the day, especially if you are around someone with a cough (lavender and lemon are a favorite combo). You can also use an inhaler, roll-on or inhalation mist at work, in your car, etc.
- 3.) Before you go to bed take an essential oil bath (lavender, geranium and bergamot) and then make a massage blend to rub on your feet and chest before going to sleep. After applying the oil, cover your feet with white cotton socks and put an aromatic hanky in your pillow. If you are already congested consider using eucalyptus or rosemary . Just use about 2 drops in a tablespoon of carrier oil (canola, jojoba, etc.). If you have nothing but lavender oil, it will still be helpful.

***Blessings to all for a healthy and happy  
aromatic holiday and new year!***

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