

# **Cold & Flu Diffuser Blend**

## *Purifying Blend*

Bergamot Oil 3 drops

Clary Sage Oil 2 drops

Rosemary Oil 3 drops

Tea Tree Oil 10 drops

Thyme Oil 5 drops

# Aromatherapy Recipe Cold Flu

**Anna Selby**



## **Aromatherapy Recipe Cold Flu:**

Essential Oils and Aromatherapy Recipes Sheila Mathison, 2014-07-17 How to Save Money Avoid Toxic Chemicals with Natural Solutions I really like how simple yet informative the book is It presents the benefits of essential oils and the directions are really easy to follow Jeffrey Are You Wondering How Essential Oils Can Benefit You Have You Been Searching for Clear Recipes and Instructions for Mixing and Using Essential Oils Essential oils have been used for thousands of years to cure our physical maladies boost our moods and soothe our mental state I have carefully crafted this handy reference so you will receive maximum benefit in your daily life from the many advantages offered by essential oils Perhaps You Have A Desire to Save Money or Avoid Toxic Chemicals by Using Natural Solutions for Your Beauty Products It isn't unheard of for people to spend hundreds of dollars every year taking care of their hair Medicated shampoos or shampoos and conditioners designed to treat your oily hair dry or itchy scalp can be costly Some products even contain harmful chemicals you aren't even aware of All this can be avoided by making your own hair care products at home which are inexpensive and effective Essential oils are a great solution that can provide spectacular results Essential Oils and Aromatherapy Recipes is the answer to all your Wellness and Body Care needs This book is meant to be a useful guide to those who already have some familiarity with essential oils Inside this valuable resource you will find over 177 Recipes for treating everything from sprains to back pain to headaches as well as useful money saving instructions for making your own toothpaste lip balm and hair care products plus tons more Chapter 1 gets you started on the right foot with a complete list of tools and supplies you can use to make lending storing and using the oils safe and easy The comprehensive index at the back makes it super simple and easy for you to find exactly the recipe you need in a hurry Here Is A Preview of What's Inside Essential Oils for Skin Care Treating Aches and Pains with Essential Oils Using Essential Oils for illness and Allergy Relief Improving Your Mental Health Through the Use of Essential Oils Amazing First Aid Guide for Essential Oils Essential Oils For making Perfumes and Cologne Using Essential Oils for Hair and Personal Care And much much more Are you aware that essential oils offer literally hundreds of solutions for everyday health and beauty challenges Got a stuffy nose See chapter 4 Need First Aid See chapter 6 Want to make your own perfume or Cologne Chapter 7 has just the thing Acne relief sunscreen preventing stretch marks and even massage oils can be found in chapter 2 Do you have aches and pains Allergies How about Acne It's not surprising Human beings are subject to all these ailments and more Especially as we age And although I don't know you it's a safe bet that like every other person on the planet you have one or more of these issues Did you know Essential Oils can effectively treat all of these conditions and more Buy this book now to begin your journey using Essentials Oils and take pleasure in all the benefits they provide **FREE GIFT with purchase Details inside** **Beginner's Guide to Essential Oils and Herbal Tinctures**

Kathy Wyatt, 2017-08-02 Are you looking to enhance your life through natural means Do you want to learn how to kick over the counter medication to the curb Are you interested in using essential oils correctly to create different products Then

Beginner's Guide to Essential Oils and Herbal Tinctures DIY Natural Remedies with Herbs Aromatherapy Recipes Infused Oils and Much More is for you You'll find everything in this book you'll need to know in order to use essential oils properly make your own herbal tinctures and infused oils and even apply that knowledge to making salves and balms for various ailments You'll also learn how to make different beauty products use essential oils for your home and how to choose the right essential oils to start with There are so many different applications for essential oils that you'll even find out how to make your own bath bombs and shower steamers which double as great gifts Beginner's Guide to Essential Oils and Herbal Tinctures DIY Natural Remedies with Herbs Aromatherapy Recipes Infused Oils and Much More will get you started with a comprehensive herbal guide for any beginner

*Aromatherapy* Valerie Gennari Cooksley, 2002 Imagine kneading away an aching back with the lingering scent of lavender and geranium Masking the signs of aging with a soothing nightly toner combining the eight essential oils of youth Shaking off the blues by relaxing in an aromatic bath spiked with herbal oils and honey Imagine taking away almost any pain finding relief from almost any condition rejuvenating your body and lifting your spirit through a mystical ancient therapy that heals by nourishing your senses of taste smell and touch Aromatherapy has been around for centuries but only in the last decade has it become recognized as a proven mainstream healing technique In this book Valerie Gennari Cooksley offers soothing solutions special blends of baths masks oils teas tonics lotions scrubs sprays even soups to help aid the healing process Every one of these aromatherapy solutions is 100% pleasurable For common nuisances such as bites colds stings and hiccups to more serious problems like asthma arthritis depression and air pollution Cooksley offers her special healing blends culled from more than 15 years of professional practice In addition Cooksley demystifies this ancient art with modern examples of real life cures and offers a complete guide to using and blending essential oils for maximum benefit She shows how anyone whether professionally trained or not can use the secrets of aromatherapy to achieve quick and lasting relief

**The Healing Power of Scent** Ellen Rowland, 2024-06-18 In *The Healing Power of Scent* aromatherapist and author Ellen Rowland dives deep into scent the most mysterious and ephemeral of the five senses and explores how we can use our own unique responses to the smells we find in the world around us for spiritual and emotional healing Rowland's sensitive exploration includes An accessible explanation of the science of scent and its molecular makeup A series of exercises recipes and prompts to help readers develop their own scent diary A list of products with instructions for how to employ scents to elevate the world around us *The Healing Power of Scent* with its holistic combination of scientific and emotional approaches is the perfect introduction to everything you could want to know about the power of scent offering readers a path toward using their nose to heal their bodies minds and spirits

**Essential Oils 101** Kymberly Keniston-Pond, 2017 From clary sage and eucalyptus to lavender and ylang ylang essential oils are safe environmental alternatives to traditional medicine and home care products Inside you'll find detailed profiles that include the source history properties and uses for 100 of the most common and affordable essential oils Essential oil expert Kymberly

Keniston Pond teaches you how to choose pure high quality oils demonstrates the proper way to blend and store them and provides suggestions for the simple tools you'll need for working with essential oils      **Easy Steps to Aromatherapy** Rosalind Widdowson,1995      **The Essential Oils Complete Reference Guide** KG Stiles,2017-01-31 Everything You Need to Know About Essential Oils for Pure Healing Wellness Explore the world of natural nontoxic essential oils for all aspects of your life Stimulate your senses and soothe your body and soul with the popular practice that has become a respected safe alternative to modern medicine Learn all about essential oils to use for bettering your life and the lives of your family and friends Included are Profiles of the most widely used essential oils Formulas and blending guides with the most effective techniques for using them Accurate application methods from time honored poultices to modern day steam inhalation Remedies for a wide range of ailments including muscle strain headaches and skin problems DIY personal care from beauty treatments massage and cooking to moms new babies pets and spiritual healing Over 300 stunning images This comprehensive guide is a must have resource and welcome addition to the libraries of experienced and novice aromatherapists alike      **Aromatherapy Blends and Remedies** Franzesca Watson,1995 Written by one of the world's leading authorities on aromatherapy this step by step guide contains 800 different recipes for every imaginable condition Included is coverage of 60 of the most important essential oils used in aromatherapy      **Complete Home Guide to Aromatherapy** Erich Keller,1991 The art of using essential oils is at least 8 000 years old Used for religious healing sensual deodorizing and relaxation purposes through the ages aromatherapy is being newly discovered in the U S This easy to use self help guide includes hundreds of simple home recipes for cosmetics bath and massage oils self help treatments aphrodisiacs and more      **The Ancient and Healing Art of Aromatherapy** Clare Hill,1997 The healthful properties of plant extracts have been recognized for over 4 000 years Celebrating these powers this book chronicles the development of this aromatherapy from ancient Egypt to the present day and provides an illustrated directory of 30 top extracts ranging from cedarwood to ylang ylang 65 color photos      **Essential Oils** Victoria Ruiz,2017-02-19 Essential Oils 30 Essential Oil Blends For Colds And Flu Within the pages of this book you will discover a wonderful collection of essential oil blends to help you to combat against those dreaded ailments of cold and flu If you are someone who is looking for a natural remedy instead of using synthetic remedies that often come with a long list of side effects then this book is definitely for you Use this book to guide you towards the perfect essential oil blends that will have you feeling like your old self in no time Using the tips and suggestions in this book will allow you to find comfort without breaking the bank or horrible side effects to do so In this book we will study various essential oils and herb blends that will help us in making a quick recovery from a cold or flu More and more people in the world today are seeking natural remedies for their ailments Herbal remedies using essential oil blends have been around for hundreds of years mankind is not unfamiliar with their healing potential When modern medicine was introduced to the world most people turned away from herbal remedies for ailments and turned to modern medicine Over

time people have begun to realize that modern medicine is not all it is cracked up to be So many people are turning back to more traditional herbal medicines to treat common ailments such a cold or flu Using natural remedies people will not have to worry about suffering through the side effects that accompany modern medicines more often than not Enjoy this easy to follow collection of remedies to help you fight against cold and flu symptoms using natural ingredients to do so I can assure you that you will be most impressed with this wonderful collection of easy to follow remedies that will have you feeling right as rain in no time with no side effects You will soon realize just how easy it is to make your own effective homemade remedies for your common ailments Deciding to choose the healthy option of using homemade natural remedies I can assure you that you will not regret this choice Instead you are going to enjoy the many benefits that you will receive by using essential oil based homemade remedies

**Indulge Yourself with Aromatherapy** M. Lou Luchsinger,2000 Experience the remarkable benefits of using essential oils to improve the quality of your life on a physical emotional and spiritual level Begin with the basics of aromatherapy including descriptions of the most commonly used oils such as lavender tea tree eucalyptus and peppermint and the ways to use them Easy to follow recipes enable you to make rejuvenating body scrubs hand and face creams perfume healing ointments and more See how aromatherapy can benefit you during air and car travel and put together an on the go first aid kit Create unique unforgettable gifts for family and friends including a romantic evening box the ultimate pamper me basket and a holiday cheer basket As you experiment with various oils and determine the ones that make a difference in your health and well being you ll come to understand that as the author says Aromatherapy is not merely an indulgence but a way of life one that you deserve

Understanding Hydrolats Len Price,Shirley Price,2004 Distilled waters or hydrosols are therapeutic in many ways and yet little has been written to make clear their properties and clinical applications This book details the nature properties where known and nomenclature of hydrosols and gathers in one source the sure and sensible facts about distilled waters Already used by aromatherapists interested in extending their therapeutic range this book will provide all therapists with the confidence to practice safely with a sure understanding of the value of hydrosols Dispels confusion over what hydrolats and distilled waters actually are equipping the therapist to make accurate choices in what to use for effective therapeutic interventions Analyzes the science of hydrolats and sorts fact from wild claim Extends the range of therapeutic interventions available to the practicing aromatherapist massage therapist

*The Book of Practical Aromatherapy* William H. Lee,Lynn Lee,1992 Discusses the therapeutic effects of plant oils and the diseases each can alleviate and gives recipes for home prepared potions and unguents

**Natural Cures for the Common Cold** Carol Turkington,1998 Billions of dollars are spent annually on over the counter cold and flu medications that do nothing to cure a cold Many actually suppress the immune system and produce unpleasant even harmful side effects Turkington reveals hundreds of powerful doctor approved remedies made at home using safe inexpensive all natural ingredients

Wild Beauty Jana Blankenship,2019-07-23 An inspiring and easy to use primer on natural beauty featuring 45

recipes for using essential oils to make your own perfumes and room sprays lip balm face and body oils bath salts juices tonics and more including an overview of important plant ingredients the benefits of detoxing your beauty regimen and tips for creating a cleaner self care routine Just like chemical additives in our food synthetic ingredients in our hair and skin care can wreak havoc with our bodies Luckily there s no need to compromise luxurious effective skin and hair care for safety From a leader in the world of natural beauty Wild Beauty is an inspiring and highly usable guide to harnessing the miraculous power of plants to make your own face oils body balms hairspray bath salts and more Jana Blankenship founder of the popular beauty company Captain Blankenship believes that organic beauty products create a direct link with nature and ingredients like cold pressed organic plant oils flowers seaweeds sea salt and organic essential oils not only conjure the natural world but are highly beneficial for our skin body hair and senses Wild Beauty also shows you how to create powerful essential oil blends the building blocks to effective skin and hair care that can be used on their own to relieve headaches and tension elevate mood or be worn as natural perfumes With gorgeous photographs and tips on creating a meaningful self care regimen this is the only book you need for true holistic beauty     [A Basic How to Use Essential Oils Guide for Colds and Allergies](#) Nancy Connor,2019-11-04 Are you seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home Are you interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils Do you want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils Then these Essential Oil Recipes and Natural Home Remedies Series books are for you You can get the Kindle ebook for FREE when you BUY the paperback version This book A Basic How to Use Essential Oils Guide for Colds Allergies is the third book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies How to use essential oils to combat colds cough and catarrh especially during the flu season How to use essential oils to shore up the body s immune system so that it is better able to resist and fight against infections How to use essential oils to ameliorate the symptoms of various kinds of allergies How to use essential oils for headaches migraines pain in the back and work related stress How to use essential oils to re invigorate the mind sharpen your focus and for mental clarity Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life P S Please note that the paperback version has both the black and white edition and the colored edition Click on the SEE ALL FORMATS AND EDITIONS button above to select the colored edition     *Aromatherapy Anna*

Selby,1996-02-26 An introduction to the essential oils and their therapeutic uses      **Spa** ,2009      The Illustrated Encyclopedia of Healing Remedies C. Norman Shealy,1998 Providing a chapter on each of the eight major alternative therapies ayurveda aromatherapy flower essences Chinese herbal medicine herbal medicine vitamins and minerals homeopathy and folk remedies this book full color illustrated book includes practical cultural and historical background and up to 60 remedies per therapy



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