



Disclaimer: I am not a qualified health practitioner/aromatherapist. Please consult your doctor or health practitioner if you are sick.

Essential Oils for Coughs and Colds

For myself and my family, we steam with Essential oil of Lavender and/or eucalyptus preferably 3 times per day but whatever you can manage.

Put 1 drop (just one as essential oils are strong) of high quality, preferably organic essential oil, in a bowl of steaming water. Put a towel over your head and the bowl and do yoga breathing. Choose either lavender or eucalyptus. You could alternate.

Yoga breathing: Breathe in through your nose as best you can. As you breath in, first push out your stomach, then allow your ribs to expand and finally allow your chest to rise. This gets the steam and oil through your sinuses and deep into your lungs. Breath out through your mouth. Do this for 5 minutes 3 times per day.

As long as the mucus is clear, you should be fine. If mucus is green or yellow, then there is infection. If the situation worsens, then it is time to go to a professional health practitioner.

Diffusing and Applying

I have also found it very helpful to diffuse and apply essential oils. You could also put a drop on a handkerchief/pillow/tissue. Adding 3-6 drops to a bath is also very soothing. Relax in the bath for 15 minutes. I would recommend that you use high quality organic oils if you can.

Diffusers are readily available on Amazon. Use 15 drops of essential oil for a regular size diffuser and 20 drops for a large diffuser.

Single Oils that I use:-

Lavender

Chamomile Roman – can irritate sensitive skin.

Chamomile German – can irritate sensitive skin. Use with caution during pregnancy.

Eucalyptus

Lavender can mix with any single oil but do not mix the other oils unless you know what you are doing. If applying, you may layer the oils ie rub one oil in and then follow with another a few seconds later. Note – some oils must be diluted with a mixing oil eg Thieves, peppermint, eucalyptus.

Blends



Zest for Life

You should not make your own blends unless you know what you are doing. Blending oils is both an art and a science and must take into consideration the chemistry of the oils, the desired effect, the viscosity of each oil and even the sequence of blending the oils. It is better to buy ready-made blends or closely follow a recipe from a professional. Here are some prepared blends that I find very useful:-

Thieves – Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, Rosemary cineol.

Good to diffuse and/or steam (1 drop in a bowl of hot water, towel over your head and bowl and do yoga breathing for 5 minutes – see above). I have personally found Thieves effective when applied to the soles of the feet. It can cause skin irritation so it must always be diluted. Dilute 1 drop of essential oil to 15 drops of mixing/carrier oil (see below for dilution for adults and children). Diffusing may prevent other people getting sick (see study below).

<https://www.tandfonline.com/doi/abs/10.1080/10412905.1998.9700958>

RC – Eucalyptus, myrtle, pine, marjoram, eucalyptus radiata, lavender, cypress, tsuga, peppermint

From personal experience, it is good to diffuse and apply to the chest and back, diluted in mixing/carrier oil. Note: peppermint can cause agitation in children under 30 months.

My adult daughter contracted a terrible cough last year while we were overseas. She was very ill, had a fever and felt terrible. The cough sounded awful – very deep. Two rounds of anti-biotics did not help. I suspected it was viral as the anti-biotics were not working. She came home on the day we arrived back and I set to work. I started her on my usual cough/cold protocol – vitamin C, zinc, Ninxia Red etc (see previous post on coughs and colds). Unfortunately, she says that steaming makes her nauseous so I diffused and applied essential oils. I diffused lavender, eucalyptus and thieves(separately) but mostly RC. I also rubbed diluted RC on her chest and back.

I had her back on her feet within a week and back to full health in 2 weeks.

Raven – Ravensara, Lemon, Wintergreen, Peppermint, Eucalyptus radiata

Diffuse, use and apply as for RC.

You must not mix blends with each other or with single oils.

For topical application:

Mix about 28 drops of essential oil to 1/2oz of mixing oil or 15 drops of essential oil to 10ml of mixing oil eg Jojoba oil, almond oil, coconut oil, Young Living V-6 oil – even olive oil if necessary but that can be a bit messy.



For infants and small children use 1 to 3 drops of an essential oil to 1 tablespoon of mixing oil.

For children 2-5 years old, use 1 to 3 drops of essential oil to 1 teaspoon of mixing oil.

Store in dark-coloured glass.

The blends above are Young Living oils and can only be bought from a distributor. I joined years ago so I could buy the oils and Ninxia Red for my family.

The company DoTerra makes a version of RC called Breathe Easy.

There are a number of companies selling organic oils. I have bought oils from the company below and have been very satisfied with their quality. They also make the blend of Thieves oil.

<https://www.nhrorganic oils.com/>

I am unable to outline exactly how each oil may act on the mind or body as this is against the law. I make no claims to their medicinal value save for my own personal experience. However, there have been some studies. It is worth reading the following if you are interested.

<https://www.healthline.com/health/thieves-oil#benefits>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5206475/>

Benefits of individual oils

Antimicrobial properties

- A [2017 study](#)[Trusted Source](#) found that low concentrations of cinnamon and clove oil had high antimicrobial activity against persistent cultures of *Borrelia burgdorferi*, the causative agent of [Lyme disease](#).
- A [2018 study](#)[Trusted Source](#) found that vapors of cinnamon oil inhibited the growth of respiratory pathogens like *Haemophilus influenzae* and *Streptococcus pneumoniae* in a petri dish. But eucalyptus oil had little activity.
- A [2012 study](#)[Trusted Source](#) showed that eucalyptus oil had antimicrobial activity against two types of bacteria that can cause disease in humans: *Escherichia coli* ([E. coli](#)) and *Staphylococcus aureus* ([skin infections](#)).



Zest for Life

- Overall, fewer studies have been performed on lemon oil. But [twoTrusted Source](#) [studiesTrusted Source](#) from 2019 observed that it has some antimicrobial properties.

General safety precautions

Always follow the safety guidelines below when working with any essential oil:

- Always dilute essential oils properly before using. Never apply an undiluted essential oil directly to your skin.
- Don't eat or drink essential oils unless you're under the supervision of a qualified professional. In fact, eucalyptus oil, which is a component of thieves oil, can be [toxicTrusted Source](#) when ingested.
- When using essential oils for aromatherapy, make sure the room you're in has good ventilation.
- Think about who else is in the room inhaling the aromatherapy. Some essential oils are dangerous for pregnant women, children, and pets.
- Keep essential oils away from your eyes.
- If you're pregnant, breastfeeding, or trying to become pregnant, talk with your doctor before using essential oils.
- Keep essential oils in a place where children and pets can't get to them.