

Are there Essential oils that can help Cold Sores & Fever Blisters?

Cold sores or Fever Blisters are nasty painful lesions that develop on or near the lips and are known as oral herpes. They are caused by the herpes simplex virus (either Type 1 or Type 2). They are often seen around the time of getting other viral infections that may have had a 'fever', but not always.

Those that suffer from cold sores know there can be many things that 'trigger' an outbreak. Stress, whether it be from emotional or physical - being run down so a cold or flu can take hold can easily bring on a cold sore.

Many essential oils can help with viral infections but need to be in use soon after you are exposed.

Prevention is best done by controlling your exposure to stress and of course staying away from others with colds and flu. But once you have been attacked with the 'cold sore' you may get relief by applying a drop of [Tea tree oil](#) diluted with [Grapeseed oil](#) on the blisters several times throughout the day.

Although [Tea Tree essential oil](#) can be applied 'neatly' which means undiluted it is safer to use mixed with a carrier oil. There are several carrier oils that will work with the [Tea tree oil](#).

[Lavender](#) may be applied neatly to these 'sores' too but again, it is better to apply it diluted. [Lavender](#) will mainly help with the pain and discomfort. There are other essential oils that work better on controlling the virus.

Some other essential oils such as [Roman chamomile](#), [Eucalyptus](#), [Bergamot FCF](#) and [Geranium](#) may also stop the blistering in its tracks. To apply these other oils first mix them with small amount [Tamanu or Grapeseed oil](#). The best ratio is up to 6 drops in 5 ml of carrier oil. Mix well and dab on the blister using a cotton-tip applicator.

A blend of [Ravensara essential oil](#) and [Tamanu oil](#) is useful for another Herpes Virus namely Shingles. It may be helpful for use with cold sores too.

Remember everyone's immune system is different and with Aromatherapy we can try different essential oils. What works for one person may not work for the next.

With trial and error you can usually find one or a combination of a couple that work best for you. Keep a journal of what you try at each outbreak. Recording things like how much, how applied and what oil(s) were used. Soon you will know what works best for you!

Once or if the blisters open up, mixing any of the above essential oils with a small amount of [Sweet Almond oil or Sunflower oil](#) may help to keep the skin moist and less likely to crack.

All essential oils have healing properties and will help your body to heal itself. Since cold sores are a type of viral infection you should try essential oils that have stronger anti-viral properties.

Here is a list of essential oils that may be helpful for your Cold Sores: [Bergamot FCF](#), [Cajeput](#), [Camphor](#), [German Chamomile](#), [Roman Chamomile](#), [Eucalyptus](#), [Geranium](#), [Helichrysum](#), [Lavender](#), [Melissa*](#), [Myrrh](#), [Niaouli](#), [Peppermint](#), [Ravensara*](#), [Ravintsara](#), [Rose](#), [Sage](#), [Sandalwood*](#), [Tea tree *](#).

* Are essential oils that may be better suited to help with your Cold Sores, but don't rule out the others as one of them may be 'just the one' you need.

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