

## Holiday Scenting and Germ Fighting

This is such a wonderful time of the year. Activities abound and people are busy running here and there. The weather has now forced many of us indoors and some are even stuck indoors.

Aromatherapy can add to and brighten the atmosphere so easily. The wonderful warm and spicy scents with all the added benefits of the essential oils make it even better.

Many of the essential oils we associate with Fall-time and Winter-time are also great when it comes to fighting airborne germs. Well any germs, even those lurking on surfaces.

Orange, [Cinnamon](#), [Clove bud](#), [Ginger](#) and others just seem to say it's this time of year. The mints, [Peppermint](#) and [Spearmint](#) are just as welcome. The Evergreen scents of [Pine](#), [Spruce](#) and [Douglas Fir](#) or [Siberian Fir needles](#), [Juniper](#) and [Cypress](#) are great too.

Now is the time you may want to experiment to find the right combinations for all your holiday entertaining, especially when all the relatives are gathering from all around the globe and bringing new viruses along too. Diffusing essential oils can help slow the spread of many viruses during the next several weeks and months.

Next is a question we are asked every year - what essential oil is the smell of a Christmas Tree? The most commonly sought after essential oils are the [Douglas Fir](#) or [Siberian Fir needles](#). Others prefer the [Pine needle](#) or [Spruce needle](#). We do have a blend, [Conifer Blend](#), which is a combination of Pine, Spruce and Fir Needle essential oils. This blend is very commonly used blend during the cold and flu season. Conifer blend makes the house and artificial tree smell awesome.

We have [Terra Cotta Discs](#) and [Terra Cotta Tree Ornaments](#) to help you use these scents to 'fool' those visiting your home that your tree isn't artificial since it now has a 'real' tree smell!

What about those who want the spicy scents? We have blends such as [Celebration](#) and [Winters Warmth](#) these too are big sellers this time of the year. And they have wonderful germ "fighters" essential oils in them too! Also new to this category is [Holiday Spice](#) and [Christmas Morning](#) blends.

What about other scents? [Frankincense](#) and [Myrrh](#) - how appropriate for this season! The Christ child was brought these as gifts. If you have never smelled these - you are truly missing a lot. No wonder they were brought as gifts. Not only do they smell wonderful, but they have such wonderful healing properties both physically and emotionally.

Our [Meditation blend](#) has both [Frankincense](#) and [Myrrh](#) along with [Ylang Ylang](#), [Sandalwood](#) and [Cistus](#). This blend doesn't necessarily need to be used for meditation, it can be used for a quiet evening with quests too.

[Inspiration blend](#), [Refreshing blend](#) and [Revitalizing blend](#) are great blends to use while you are buzzing around the house getting all that cleaning and projects done. So be sure to check those out too.

Here is a **Spicy Blend** you might want to try -

[Anise](#) - 20 drops  
[Cinnamon](#) - 20 drops  
[Ginger](#) - 20 drops  
[Clove bud](#) - 15 drops  
[Lime](#) - 10 drops

Blend all together in an amber bottle. Then diffuse a few drops in your [favorite diffuser](#).

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