

## Anti-viral Oils a Refresher- before Cold & Flu Season!

Cold and Flu season is just around the corner and many folks are asking what essential oils have anti-viral properties and may be beneficial to help prevent or fight off one of these afflictions should we be caught off guard. Most folks don't want a repeat and panic like we saw with the H1N1 viruses.

To help refresh your memory and make sure we have the most upto date information we did research for this 'tip' and know that many essential oils have anti-viral properties to varying degrees.

In several of our aromatherapy practioner manuals written by world respected Aromatherapists, Sylla Sheppard-Hanger, Martin Watt and Kurt Schnaubelt are lists of several essential oils that are considered anti-viral. Other helpful resources in creating this list included information by Julia Lawless and Chrissie Wildwood. And last but not least is information obtained from Shirley & Len Prices book *Aromatherapy for Health Professionals*.

Several of these oils work better against specific virus types but many of them work against the majority of viruses to varying degrees. We personally have seen many of them work against many "flu's" and colds or related viral infections. These same oils are found in many of our popular blends used for such ailments- such as our [Four Robbers Blend](#), [Pure Cleansing Blend](#), [Easy Breathe Blend](#) and [Protect Me! Blend](#).

Most common: [Eucalyptus oils](#) - just about all of them with the following being the most effective. [E. Globulus](#), [E. Polybractea](#) and [E. Radiata](#), [Oregano](#), [Thyme \(c.t. linalool, c.t. borneol and others\)](#), [Cinnamon leaf](#), [Bay Laurel](#), [Clove Bud](#), [Niaouli](#), [Melissa](#), [Ravensara](#), [Ravintsara](#), [Rosemary](#), and [Sage](#). Others to lesser degrees include: not in any specific order - [Cajuput](#), [Cypress](#), [Lemon](#), [Lime](#), [Palmarosa](#), [Tea tree](#), [Peppermint](#), [Patchouli](#), [Rose](#), [Rosewood](#), [Tarragon](#), [Myrrh](#), [Coriander](#), [Geranium](#), [Black Pepper](#), [Basil](#) and [Hyssop](#).

At the first sign of a cold or flu diffusing our [Four Robbers Blend](#) and our [Pure Cleansing blends](#), both of which contain a significant blend of the essential oils known to be effective against viruses, can often times nip the infections in the bud or help reduce the severity of the condition.

Or, if you prefer try this blend - this is for diffusing throughout the house.

Clean up the Air of those Nasty Germs

[Eucalyptus Globulus](#) - 2 ml

[Eucalyptus Radiata](#) - 1 ml

[Ravensara](#) - 10 drops

[Cinnamon Leaf](#) - 10 drops

[Peppermint](#) - 10 drops

Blend well in an [amber bottle](#). Then place between 5-10 drops on any [Fan type Diffuser](#). Run for about 15-20 minutes several times a day, reapplying essential oils to the cotton pad as needed.

Or place about 1 mL of the above blend in one of our [Electric Tart Warmers](#) with a melted [soy and bees wax tart](#). Stir the essential oil blend into the melted wax. You can diffuse this for a couple of hours and then let the wax cool. Until the wax hardens essential oils will continue to diffuse. And once cooled the essential oils in the top layers of wax will also diffuse for several hours but at a much lower rate.

This is a very strong blend and you may need to decrease the amount you diffuse into the air depending on the size of your room. This blend is for Diffusion only. Do not use on the skin even if you dilute it - it is too strong for skin application.

If exposed to colds and 'flu's' and you didn't get to use essential oils soon enough, you can still use those suggested and add others to help with any other symptoms you should develop.

Prepare now to strengthen you immune system before you and your family become susceptible to all kinds of illnesses - flu and colds don't have to be one of them.

For more recipes for colds, flu's, coughs and congestion please see our [Aromatherapy Recipe Book Using Pure Essential oils Volume 1](#). You can purchase a copy at <http://birchhillhappenings.com/recipebook.htm>

For essential oils and recipes that are appropriate for other symptoms of colds, coughs etc. just use our "Search Box" located on each of our product pages.

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Aromatherapy Tip of the Week

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