

## What oils have Anti-viral properties?

Cold and Flu season is just around the corner and many folks are asking what essential oil have anti-viral properties and may be beneficial to help prevent or fight off one of these afflictions should we be caught off guard.

Upon doing research for this 'tip' 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.

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 flus and colds and 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, Naiouli, Melissa, Ravensara, Rosemary, and Sage. Others to lesser degrees include: not in any specific order - Lemon, Lime, Palmarosa, Tea tree, Peppermint, Patchouli, Rose, Rosewood, Tarragon, Myrrh, Coriander, Basil, Cajuput and Hyssop.

At the first sign of a cold or flu diffusing our Four Robbers Blend and our Pure Cleansing blends 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. 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 if 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 flus' 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 as with all the stress throughout the economy, many will have weakened immune systems and can be more susceptible to all kinds of illnesses - flu and colds don't have to be one of them.

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Aromatherapy Tip of the Week

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