

## Birch Hill Happenings Aromatherapy, LLC

Presents

### SINUSITIS - Using essential oils for relief

by Penny Keay

This can be a very painful condition brought on by a variety of causes from allergies to colds and the flu. Whenever the protective mucous membranes in your sinus cavities become compromised by either germs or other irritants, inflammation and infection can result.

One of the best treatments to help relieve the pain, pressure and help with infection is steam inhalation.

Inhalation of essential oil by using a **Nasal Inhalers** or drops of oils placed on a tissue or cotton ball can help in between steam treatments.

Anyone of the following essential oils can give relief: **Eucalyptus, Lavender, Peppermint, Pine, Thyme, Tea tree** and **Rosemary**. And the latest addition to this is **Fragonia**.

You can try them one at a time or combine a couple of them.

Below is a steam inhalation blend.

Diffusing either **Pure Cleansing Blend** or **Four Robbers blend** in a **fan type diffuser** while you sleep will also help .

#### Sinus Steam Inhalation

1 quart steaming water

**Eucalyptus** - 2 drops

**Tea tree** - 2 drops

**Ginger** - 1 drop

**Thyme** - 1 drop

Pour hot water into a 2 quart glass bowl, add the essential oils. Hold head over the bowl, drape a towel over head and bowl.

You do not need to use boiling water. Just plain hot tap water will provide the necessary 'steaming' action to excite the essential oil molecules and to increase moisture in the air while you are 'steaming'.

Breathe for 5-10 minutes. You can repeat this up to 6 times a day.

You may not be able to breathe under the towel continually for the 5 - 10 minutes. Breathe for a little while then remove your head from the 'steam room' and then when ready, after a minute or two, return to your little 'steam room'!

We know that 'steaming' is very helpful but everyone can't spend the time it may take to do this. We have people to see, places to go! So, when you can't then it is easy to fill a **Nasal Inhalers** or two and carry them with you.

For essential oils to work the best for clogged and inflamed sinuses you may want to first inhale with **Peppermint**. Once you feel the pressure relieve then you should inhale another essential oil or blend to help further with the inflammation.

Suggestions here would be anti-inflammatory essential oils such as **German Chamomile, Roman Chamomile** or **Helichrysum**. For a synergy blend we would suggest **Allergy tamer** as it includes all of the above essential oils plus a couple more that we have found give a lot of relief for sinusitis.

Some folks find & enjoy **Tei Fu Blend** gives them relief due to the added pain relieving properties of wintergreen and camphor essentials in this blend - and it smells really nice too!

These not only help reduce inflammation but they are also offer so mild pain relief, especially the **Helichrysum**.

If you are dealing with an infection you might want to inhale a little of the above mentioned essential oils or any of the following: **Easy Breathe, Protect Me** and of course, **Four Robbers** and **Pure Cleansing**.

You may also want to see our page on **headache relief** to help deal with a more painful situation.

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Penny Keay © 2005, updated & revised 2013

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