

IAAMA
National Aromatherapy Awareness Week

FACTS SHEET 3

AROMATHERAPY AND RESPIRATORY AILMENTS

At certain times of the year, colds and flu, allergies, hay-fever and sinus affect a large proportion of the population. These respiratory conditions include symptoms such as irritation and infection of the eyes, sore throats, congestion in the nasal passages, runny nose, headaches, infections, coughs and colds.

Aromatherapy is a safe and natural way to stay healthy and to help alleviate symptoms of the respiratory system, without the harsh chemicals often found in over the counter and prescription drugs.

Diffusing essential oils in an oil burner or diffuser in a home or work environment can help to kill airborne germs often associated with colds and flu. Just adding 2-3 drops of pure essential oils such as tea tree, rosemary, eucalyptus, lavender or lemon can not only lift the aroma of a room, but can help keep germs from spreading. If you don't have a diffuser, simply combine water and essential oils in a spray bottle.

Adding 2-3 drops of these essential oils to a tissue and inhaling can help to minimise and breakdown nasal congestion. Cypress helps dry up a persistent runny nose, and peppermint, tea tree and eucalyptus reduce sinus infection.

Gargling a mix of 2-3 drops of thyme essential oil in a cup of warm water can instantly ease a sore, phlegmy throat.

Asthma sufferers may suffer from congestion. Creating an aromatic chest rub with 2 drops each of German chamomile, frankincense and lavender essential oils into 20 ml of body cream can be a safe way of breaking down this congestion between asthma attacks. Adding these same oils into a warm bath or foot bath can be very soothing too.

We know that the majority of respiratory conditions are caused by viruses. Essential oils such as thyme, rosemary, peppermint, Melissa, tea tree, lemon, eucalyptus, bergamot, and black pepper can inhibit most flu viruses. These oils can be used effectively in a steam treatment. The steam treatment carries essential oils directly to sinuses and lungs, and provides warm, moist air to help open nasal and bronchial passages. Simply boil water in a pan, cool for 1 minute, add 3-4 drops of your preferred essential oils to the water, and use a towel to direct the steam around your head as you breathe deeply.

Essential oils can also be used in a warm bath water to relax, and to help you unwind. Simply mix the essential oils in a small amount of milk to enhance absorption before adding to running bath water.

Always use essential oils safely. Follow the instructions on the bottle

Your local Aromatherapist can provide you with more information

For more information contact your local Aromatherapist:

To find a qualified Aromatherapist in your area or for more information contact the International Association of Aromatic Medicine and Aromatherapy (IAAMA) - Phone 02 9715 6622.