

THE house & HOMESTEAD'S

Essential Oil Recipes

FOR COLD & FLU SEASON



By Anna Sakawsky



Essential oils are one of the first things I reach for in so many different situations, but that's especially true during cold & flu season. You could say they're an "essential" part of my natural home medicine cabinet;)

While I love making and using herbal concoctions like fire cider, infused honey and elderberry syrup, before I ever pour a spoonful of medicine, I get a few drops of oil in the diffuser and start purifying the air and the environment in our home.

Not only does this help support the healing of whoever's sick, it also helps ward off germs and boosts everyone else's immunity too. In fact, I don't even wait for someone to *get* sick. During the worst of cold & flu season, I diffuse certain oils pretty much daily to help keep sickness at bay.

I also use oils topically, diluted in a carrier oil. For example, a drop of eucalyptus diluted in some coconut oil makes a quick and simple all-natural vaporub, which I much prefer to petroleum-based commercial brands.

I personally do not take essential oils internally, nor do I endorse it. You can do serious damage to your internal organs with certain essential oils since they are so concentrated. So for the purpose of this eBook, all essential oil recipes are meant to be diffused or otherwise inhaled, and/or diluted appropriately and applied topically.

I've built up an extensive essential oil collection over the past few years, and today they make up more than half of what's in my home medicine cabinet, including both herbal remedies and over-the-counter pharmaceuticals. I do believe in the power of integrative medicine, which is

essentially the marriage of natural, herbal remedies and modern, western medicine. So I keep an array of remedies on hand for different threats (and levels of threats).

But essential oils are always the first thing I reach for whenever I start feeling that scratch in my throat, or my daughter comes home from school with a runny nose, or, k who am I kidding... I pretty much use them every day of my life.

But cold and flu season is a particularly important time that warrants having a few key essential oils on hand to help shield our household from illness, boost everyone's immunity, help ease symptoms and speed up recovery when we do get sick.

I think they deserve a spot in everyone's home medicine cabinet, and while there are hundreds of oils to choose from, you don't need hundreds to get started. In fact, I've somehow managed to restrain myself and limit all of the individual oils and recipes in this book to a group of just 11 essential oils that I recommend stocking up on for cold and flu season.

(But trust me, it's a slippery slope... Start here and you might end up with a collection of 75+ essential oils too!)

GETTING STARTED WITH ESSENTIAL OILS

If you don't already have your own collection of essential oils, you'll need to stock up on a few basics. But don't worry! Contrary to popular belief, **quality essential oils do NOT have to be expensive.**

As far as brands go, I've tried both major MLM-based brands of essential oils (you probably know which ones I'm talking about), and while I think the quality is great, I find them very overpriced and don't love their business model.

I've also tried cheap store-bought brands and very small, local producers, but I haven't been overly impressed with the quality (or lack thereof), or selection of any of the ones I've tried so far.

Plus, typically those store-bought brands (ya know, the ones you find in the health food and supplements department of your local grocery store), typically those ones are a lot cheaper because they're not actually pure essential oils. Or, at least they're not necessarily the essential oil you *think* they are. So *lavender* might actually be *lavandin* oil, and *cinnamon bark* might actually be *cinnamon cassia*. In each of these examples, both oils smell the same, but have different health benefits and medicinal properties. So you really want to make sure you *know* what you're getting in those little bottles.

After years of testing different essential oils and learning about how they work, I finally tried a brand that I fell in love with.

Today I exclusively use [Plant Therapy essential oils](#). Not only is the quality of their products [guaranteed](#), they are very





reasonably priced (compare a 30ml bottle of Plant Therapy lavender essential oil at \$16.95 to a 15ml bottle of one of the larger MLM brands for \$30.67 retail... With Plant Therapy you get double the amount of essential oil for almost half the price!)

They also have a [KidSafe line of oils](#) and products for kids ages 2-10 (so you know which oils are safe to use around children), which is incredibly helpful if you have young children like I do!

The essential oils and products I have linked to in this eBook are Plant Therapy affiliate links, which simply means that if you make a purchase through any of the links, I may earn a small commission that won't cost you anything extra. However you can rest assured that I only recommend products I truly believe in and/or use personally (and with 75 oils and counting in my medicine cabinet, you can bet I'm a true believer!)

That being said you can use any (quality) brand of essential oils you choose or have on hand:)

DISCLAIMER

Before we dive into the essential oils, blends and recipes you'll want to keep on hand this cold and flu season, I need to make it clear that **I am not a doctor, certified herbalist or health professional of any kind.**

The following information is for educational and entertainment purposes only and is **not a substitute for professional medical advice.**

Also, if you are pregnant or nursing, certain essential oils can be dangerous and should not be used. **Always speak to your doctor before using essential oils** or herbal supplements of any kind.

And follow proper safety and dilution recommendations, which you can [learn more about here.](#)

11 ESSENTIAL OILS FOR COLD & FLU SEASON

Lemon

[Lemon](#) essential oil is a must-have in any natural medicine cabinet. Not only is it a wonderful addition to all-natural homemade cleaning products, it's also a fantastic oil to keep on hand for support during cold and flu season.

Lemon essential oil is antibacterial, antifungal, antimicrobial, antiseptic, purifying, detoxifying and mood boosting to boot! It's a wonderful oil to add to your diffuser to help purify the air and ward off airborne bacteria, as well as to add to [homemade cleaners](#) to clean surfaces and kill germs that have been left behind.

KidSafe: **Yes**

** Lemon essential oil should never be applied topically to any skin that may be exposed to sun since it is photosensitive and can result in a type of chemical burn on the skin. Otherwise lemon essential oil is safe to use (properly diluted) in a carrier oil. Or you can opt for [steam distilled lemon oil](#), which is not phototoxic.*

Lavender

No essential oil collection is complete without [lavender](#). Arguably the most versatile oil of the bunch, lavender essential oil is useful in treating a wide range of ailments, including (but not limited to) anxiety, depression, insomnia, acne, headaches, migraines and nausea.

It is antibacterial, antimicrobial, antiseptic, anti-inflammatory, antiallergenic and analgesic, and it's safe for the whole family to use. This makes it a powerhouse of an essential oil to keep on hand, not just for cold and flu season, but all year long!

KidSafe: **Yes**

Peppermint

Another familiar essential oil, [peppermint](#) is wonderful for helping combat sinus infections and clearing mucus from the body. It's also a powerful natural remedy for nausea, headaches and muscle pain. Diffuse or dilute and apply behind the ears when headaches, nausea or respiratory problems strike.

KidSafe: **No**



Eucalyptus

[Eucalyptus](#) is a must-have oil for coughs, colds and respiratory issues of all kinds. You probably know the smell of eucalyptus oil well already because it's one of the main components in commercially produced vaporizing rubs. That's because it's a natural cough suppressant and it's incredibly effective in combatting bronchitis and sinus infections.

Eucalyptus is a natural expectorant (meaning it helps clear mucus and phlegm) as well as being antibacterial, antiviral, antifungal and antiseptic.

KidSafe: **No**



Tea Tree

[Tea Tree](#) oil (aka. Melaleuca) is a powerful antiseptic and natural disinfectant that's useful for cleaning wounds, clearing acne and diffusing into the air to help prevent the growth of disease-causing microorganisms. It's an effective natural remedy that can help ease coughs, colds, congestion and inflammation, including sinus infections, whooping cough and laryngitis.

In addition to being antiseptic, tea tree oil is antibacterial, antiviral, antimicrobial, anti fungal, anti-inflammatory and analgesic. It can also help to stimulate the immune system.

KidSafe: **Yes**



Rosemary

[Rosemary](#) essential oil is another antiseptic oil that's prized for its ability to fend off illnesses and infections. It's a natural decongestant, disinfectant, and expectorant and can help combat the mental foggy that goes hand-in-hand with seasonal illness.

It's also antibacterial and a natural immune booster and is effective in combatting respiratory issues including asthma, bronchitis, laryngitis and sinus infections.

KidSafe: **No**



Frankincense

There's a reason [frankincense](#) has long been revered and considered a gift fit to bestow upon a king. It's packed with medicinal properties that have been extracted and used by people for millennia at least.

Frankincense is actually a hardened gum resin or sap that comes from the Boswellia tree. Ancient civilizations such as the Sumerians, Egyptians and later the Greeks and the Romans all used frankincense essential oil for medicine and cosmetic purposes. When it comes to colds

and flu, frankincense is known to strengthen the immune system, ease respiratory illnesses and promote overall healing of the body's tissues.

It's anti-inflammatory, antiseptic, anti fungal and analgesic and can be used to help treat coughs, cold, bronchitis, laryngitis and flu.

KidSafe: **Yes**

Ginger

[Ginger](#) essential oil is THE essential oil to keep on hand to help combat nausea, fever and flu the all natural way. Ginger is renowned for its ability to soothe a variety of stomach and digestive problems and can be applied topically or diffused to help ease cold and flu symptoms.

It's antibacterial, anti-inflammatory, antiseptic and analgesic as well as a natural decongestant. However it's ginger's unmatched ability to alleviate nausea and cramping that makes it a must-have addition to any essential oil collection.

KidSafe: **No**

Clove Bud

[Clove bud](#) essential oil is a warm, spicy oil whose aroma alone brings comfort and warmth on cold fall and winter days and nights when we're curled up in front of the fire with a box of tissues and a cup of tea. But like all essential oils, clove bud is packed with medicinal properties that will help protect you from illness and ease the symptoms and severity of illnesses you may have already contracted.

It's antibacterial, anti-inflammatory, antimicrobial, antiviral, antifungal, antiseptic and analgesic. It's considered a natural pain reliever and can speed healing and ease respiratory problems.

KidSafe: **No**

Cedarwood

Much like eucalyptus oil, [cedarwood](#) essential oil is fantastic for helping ease and relieve respiratory ailments including asthma, bronchitis, coughing and congestion. Its antispasmodic properties make it an effective cough suppressant too. However cedarwood is subtler and gentler than eucalyptus oil and is considered KidSafe, making it an effective cough and cold remedy for the little ones in your family. Use it in place of eucalyptus oil in a natural vaporub or diffuse to reap the aromatherapy benefits of cedarwood oil.

KidSafe: **Yes**



[Pine](#) essential oil is another KidSafe oil that's great for easing respiratory ailments, as well as killing airborne germs when diffused. It's a powerful weapon against common colds, coughs, congestion, asthma, laryngitis, bronchitis, flu and infections of all kinds, including sinus infections.

It's also antibacterial, antifungal, anti-inflammatory, antimicrobial, antiviral, antiseptic and an expectorant, and it's safe and gentle to use around or properly diluted on children as young as two years old.

KidSafe: **Yes**

ESSENTIAL OIL RECIPES FOR COLDS & FLU

Essential Oil Rollerballs for Colds & Flu

Add a few drops of essential oils to a liquid carrier oil of your choice in a glass roller bottle and you've got your own pre-diluted rollerball that's ready to apply topically at the first signs or symptoms of cold or flu.

Here are a few recipes to help boost immunity, ward off illness and cure whatever ails you this cold and flu season using only the essential oils listed above (for more recipes and information on making and using rollerballs, see the following post on [Essential Oil Rollerballs for Fall & Winter](#) or download this [free guide](#) for more info and printable labels).

NAUSEA/TUMMY ACHE BLEND

5 drops lavender
5 drops peppermint
5 drops ginger

**Apply directly to affected area (stomach)*

BREATHE EASY BLEND

5 drops eucalyptus
5 drops rosemary
5 drops tea tree

**Apply to neck and chest area.*

* KIDSAFE BREATHE EASY BLEND *

1 drop pine
1 drop cedarwood
1 drop frankincense

**Apply to neck and chest area.*

IMMUNE BOOSTING BLEND

5 drops lemon
5 drops rosemary
5 drops clove

**Apply to neck and chest area as well as behind the ears.*

* KIDSAFE IMMUNITY BLEND *

1 drop lemon
1 drop frankincense
1 drop cedarwood

**Apply to neck and chest area as well as behind the ears.*

Natural Homemade Vaporub

Skip the petroleum-based commercial vaporizing chest rubs and make your own all-natural version in less than two seconds flat!

DIRECTIONS: Add one or two drops of eucalyptus essential oil to roughly 1/4 teaspoon of coconut oil or other carrier oil of choice and rub on chest.

** For a KidSafe version, replace use one drop of cedarwood or pine in place of eucalyptus.*

Essential Oil Diffuser Blends for Colds & Flu

Add any of the following blends in your home diffuser and you'll be taking the first step in shielding your entire household from the worst of cold and flu season.

Don't have a diffuser? [Get one here.](#)

BREATHE EASY BLEND

3 drops peppermint
3 drops eucalyptus
3 drops tea tree
3 drops lemon

IMMUNITY BOOSTER

3 drops clove bud
3 drops lemon
3 drops rosemary
3 drops eucalyptus

CALM, COOL AND CLEAR HEADED

3 drops lavender
3 drops lemon
3 drops peppermint
3 drops rosemary

KIDSAFE COUGH & COLD BLEND

3 drops pine
3 drops lemon
3 drops tea tree
3 drops cedarwood

Essential Oil Personal Inhalers

Make your own personal inhaler by soaking cotton balls in essential oils and placing them in an old film container or similar small plastic container. (You can even use a small glass Mason jar if you like, but a small plastic container is lighter and easier for taking on the road).

You can also [purchase refillable inhalers](#) here if you'd rather not make your own.

Use any of the recipes above (but only use one drop per oil for a maximum of 3 or 4 drops) or simply add a few drops of a single oil to your personal inhaler and take it with you wherever you go so you can enjoy the aroma and medicinal benefits of essential oils no matter where you are!