



ESSENTIAL OILS



For Cold, Cough, and Congestion

CATEGORY

ESSENTIAL OILS

COUGH, CONGESTION, AND MUCOUS

Eucalyptus, Tea tree oil, Peppermint, Lavender, Cypress, Thyme, Geranium, Cinnamon, Clove

COLD OR FLU

Lavender, Frankincense, Eucalyptus, Lemon, Tea tree oil, Peppermint, Cypress, Oregano, Cinnamon, Ginger

IMMUNE SUPPORT

Oregano, Frankincense, Ylang Ylang, Cinnamon, Cloves, Ginger, Eucalyptus, Lemon, Rosemary

SORENESS, BODY ACHES, AND/OR HEADACHES

Peppermint, Frankincense, Rosemary, Chamomile, Bergamot, Marjoram, Helichrysum, Ginger

CHILDREN

Lavender, Chamomile, Eucalyptus (if your child is over age six), Lemon

*The Ultimate
Cough & Congestion
Diffuser Blend*

3 drops eucalyptus
3 drops oregano
3 drops peppermint
3 drops lavender

*Moms Don't Get Sick
Immunity Boosting
Diffuser Blend*

7 drops frankincense
5 drops lemon
2 drops oregano

*Gentle Immunity for Little Ones
Kids' Immunity
Diffuser Blend*

3 drops lavender
3 drops chamomile
3 drops frankincense

