

24 Ways to Soothe Spring Allergies with Essential Oils

REMEMBER:

- For seasonal issues, it's best to start the oils protocol before your concerns arise.
- Keep an eye on the calendar!
- Rule of thumb: use less oil more often.
- Apply oils as often as needed to find relief.

Lavender + Lemon + Peppermint

Try any or all of the following:

- 1. DIY capsule:** Add 1-2 drops of each oil to an empty veggie cap. Top off with olive oil or doTERRA's IQ Mega.
- 2. In water:** Add a drop or two of each oil to your drinking water. Swish around the mouth for a few seconds before swallowing.
- 3. In a diffuser:** Diffuse the three oils together throughout the day or at night for added relief.
- 4. On the feet:** Rub 1-2 drops of each oil, one at a time, on the sole of each foot.
- 5. On and around the head:** Carefully apply diluted oils—layering them one at a time for best results—on or near the sinuses and nose, around the eyes, on the back of the neck at the base of the skull, behind the ears, over the temples, etc.
- 6. Roller Blend:** Layering is best (applying each oil one at a time) but for convenience and practicality, try making a handy roller blend.

Peppermint Beadlets

- 7. As needed:** Simply “pop” one in your mouth as often as needed to maintain clear sinuses.

TriEase Seasonal Blend Softgels

A blend of Lavender, Lemon & Peppermint essential oils--the winning trio known to protect against seasonal and environmental irritants. It's very effective!

- 8. Take as needed:** When seasonal threats are high, it may be necessary to take 2 softgels at a time. You may need to take several throughout the day: morning, afternoon, evening. Hopefully you can eventually scale back to one softgel per day.

Melaleuca (Tea Tree)

9. For acute seasonal threats: Place one drop of Melaleuca on the pad of the thumb, then press to the roof of the mouth for 5-10 seconds.

10. For ongoing seasonal concerns: Add to LavLem Pep in a cap.

White Fir

11. Under the nose: Dab a tiny bit of White Fir oil right under the nose to help manage seasonal concerns.

Lime

12. Lime can be used under the nose, as with White Fir in #11. Dilute for sensitive or irritated skin.

Lemongrass

13. For airborne concerns: Diffuse Lemongrass + Melaleuca.

Breathe and/or Eucalyptus

For respiratory health:

14. Diffuse: Breathe is a great blend for nighttime diffusing.

15. Apply topically: To chest, sinuses, head, soles of feet, etc.

16. Personal inhaler: Use Breathe to make a simple inhaler. When necessary, remove cap from inhaler and breathe deeply.

17. Breathe vapor stick: Apply to chest and neck to promote clear breathing.

18. Breathe respiratory drops: Like a lozenge, these respiratory drops help to keep the airways open.

Lavender + Purify

19. For irritated eyes: (Carefully!) dot one or more oils on the bones around the eyes. A prediluted roller works well for this.

20. Frankincense and Helichrysum can also be helpful, used just like Lavender & Purify in #19.

Roman Chamomile

21. To calm seasonal distress: Apply (undiluted) across bridge of nose and/or on the throat.

Correct-X Ointment

22. For tender skin around the nose: Apply Correct-X frequently to skin irritated by frequent nose-blowing.

Nasal Irrigation Recipes

- Use a neti pot or nasal spray bottle.
- Repeat hourly or as needed.
- Use blends at room temperature.
- To create a blend, start by mixing $\frac{1}{4}$ to $\frac{1}{2}$ tsp very fine unrefined sea salt (not table salt) with 1-2 cups warm water (you may want to start with hot water to dissolve the salt). To this mixture add one of the following essential oil blends.

23. Blend 1

- 12 drops Rosemary
- 4 drops Melaleuca
- 4 drops Eucalyptus

24. Blend 2

- 5 drops Lemon
- 5 drops Peppermint
- 5 drops Lavender
- 5 drops On Guard