

Breathe

respiratory blend 10ml

This is a blend with good decongestive effects, and the power to make mucous more fluid. It can be used for inhalation in a diffuser or vaporizer. Contains Niaouli, an essential oil known to contain molecules that help relieve and prevent respiratory allergies. The primary active molecules in this blend are 1,8 cineoles.*

1,8 cineole is an overall booster of the respiratory system, providing a powerful antiseptic action as well as supporting the immune system. In case of fevers, it helps the body to not exceed a safe temperature.*

ingredient highlights

- **Eucalyptus Globulus:** Known as the Blue Gum Tree, Eucalyptus Globulus is a potent respiratory oil against bacterial infections, colds, flu, sinusitis, bronchitis, asthma, and chronic cough.*
- **Eucalyptus Radiata:** Shown to be effective for treating sinus conditions as it can be inhaled most deeply without triggering the cough reflex. It is the essential oil of choice when dealing with infections high in the chest.*
- **Scotch Pine:** Used as a remedy since the days of ancient Greece. Its expectorant properties can provide quick relief from bronchitis, sinusitis, laryngitis, flu symptoms, and it is found in many formulations for the lungs.*

uses

aromatic

- **Diffuser:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 15 minutes per hour as needed to minimize coughing. May be especially helpful at night to ease breathing and make sleep possible.*
- **Inhalation:** Apply 1 to 2 drops on a tissue, cotton ball, or the hands and inhale as needed.*

bath

- **Bath:** Add 8 to 10 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water.*

topical

- **Massage:** Mix 5 to 6 drops with 1 tablespoon of carrier oil and massage over the lung area on chest and back.*
- **Reflexology:** Apply 1 to 2 drops to the sinus reflex points on the hands and/or feet.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*

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application methods

Aromatic • Bath • Topical

safety group: 4

Never recommended for children or while pregnant or nursing.

ingredients

Eucalyptus globulus (Eucalyptus Globulus), Melaleuca quinquenervia bs. viridiflora (Niaouli), Eucalyptus radiata (Eucalyptus Radiata), Eucalyptus citriodora (Eucalyptus Citriodora), Origanum majorana (Marjoram, sweet), Pinus sylvestris (Pine, scotch), Cupressus sempervirens (Cypress), Mentha piperita (Peppermint), Rosemarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Citrus limon (Lemon), Laurus nobilis (Bay Laurel), Cinnamomum camphora ct. 1,8 cineole (Ravintsara)

responsible cautions

- Non-toxic, non-irritant, non-sensitizing
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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