

Integrative Therapies

Aromatherapy 02

The winter trilogy

Further to my previous article (aromatherapy 01) numerous people have shown interest and wish to learn more about essential oils, therefore I decided to share with you additional information. If you have not read my previous article, please do so before reading this one. You will find hereafter some interesting EO to use during winter season. Have a safe winter !



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for Monarda
Integrative Medecine



Eucalyptus Radiata

Essential oil of **Eucalyptus Radiata ssp radiata**
aromatic molecules : 1.8 cineole, a-terpineol
distilled material : leaves

Eucalyptus Radiata will for sure support you in case of a sore throat, a sinusitis, a bad cold, a hacking cough or even during a flu. This is a very easy to use and soft essential oil and you will with no doubt be surprised and relieved ! If cold, sore throat or flu is severe, persists, is accompanied by fever, consult your doctor promptly.

How to use it ?

Put 1 drop on your little finger and apply under your nose in case of cold, sinusitis, etc. or

Put 3 drops on a tissue and breath during the day in case of cold or

Apply 1 drop on the anterior cubital region of your left and right arm up to 4 times a day or

Apply 1 drop on the sole of your feet up to 5 times a day.

Contraindications EO contain **active principles** which are the **reason of their efficiency**. This is also the reason why their use can generate **side effects**. If you are under medication you have to inform your therapist accordingly so that he/she would not prescribe an EO that can interfere with your medication. Also note that some EO are photosensitive, other can provoke allergies and some people dislike their smells which can be quite strong. We therefore recommend great caution. So that the EO deploys all its benefits, it is of utmost importance to choose high quality essential oils. They have to be 100% organic, manufactured according to strict rules and they must be chemotyped, 100% therapeutic grade.

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Rosmarinus Officinalis Cineoliferum

Essential oil of : Rosmarinus officinalis Cineoliferum

aromatic molecules : 1.8 cineole

distilled material : flowering tops



This essential oil is of great help during all phases of a cold. It may be used to prevent it and during the cold itself. It also provides pulmonary and bronchial support. If cold is severe, persists, is accompanied by fever, consult your doctor promptly.

How to use it ?

Put 5 drops in your essential oil diffuser in order to purify the atmosphere.

Mix 1 drop of essential oil with 5 drops of Apricot oil and apply under your nose with your little finger in case of cold or

Put 3 drops on a tissue and breath during the day in case of cold or

Put 3 drops on your pillow.

Contraindication do not use if you are under 12 years old, you are pregnant, you are breast feeding, you suffer of hormone-dependant cancer. Always ask your therapist before using any essential oil.

Thymus Vulgaris CT Linalol

Essential oil of : Thymus Vulgaris CT Linalol

aromatic molecules : Linalol

distilled material : flowering tops



To conclude with our winter trilogy, this is one of the best essential oil to be used during winter season. It is of great help during a cold, runny nose, throat and chest cold problems.

How to use it ?

Mix 2 drops with a tablespoon of apricot oil and massage torso or

Use it in your essential oil diffuser : 5 drops with water or

2 drops 3 times a day in a tablespoon of honey (max 5 days) in case of cold.

Contraindication As always do not use for children, pregnant and breastfeeding women. Always ask your therapist if you are under any type of medication.