It seems like it is always that time of year when you are fighting off a cold or preventing it from catching up with you and your family. Instead of using commercial cold meds or toxic chemical cleaners to protect yourself, why not use natural remedies and avoid any nasty side effects.

Many people use Rocky Mountain Essential Oils as an alternative method for bolstering their immune system, soothing cold and flu symptoms, and clearing the home of unwanted germs and bacteria.

Want the same results? Here are 10 essential oils you can use during cold and flu seasons.

**OREGANO ESSENTIAL OIL**

Oregano is known for its antibacterial and expectorant properties. Using Oregano essential oil can support the immune system by helping fight and kill off lingering bacteria. It can also help clear up any unwanted mucus in the chest.

- Combine 5 drops of Oregano and 5 drops of Eucalyptus in a diffuser to help clear congestion.
- Add 10 drops of Oregano to 16 oz of water in a spray bottle. Spray surfaces and wipe them dry to clean away unwanted germs.

**LEMON ESSENTIAL OIL**

Lemon has **SO MANY** uses! Whether you use it to energize the body and mind, purify surfaces, or clean the air, this essential oil is known to have antimicrobial, antibacterial, and anti-inflammatory properties to support overall health and wellness.

- Diffuse 5-10 drops of Lemon to assist in cleansing the air and supporting the immune system.
- Cleanse surfaces in the home by adding 5-10 drops of Lemon to 1 tbsp of white vinegar and 1 tbsp of water.
- Inhale the aroma deeply to uplift the mind and improve your spirits when feeling under the weather.

**EUCALYPTUS RADIATA ESSENTIAL OIL**

Eucalyptus is a go-to remedy for any essential oils user who is looking to support the immune and respiratory systems in the body. Studies suggest that Eucalyptus oil offers antibacterial, antifungal, and anti-infectious properties that promote a healthy respiratory system and deeper breathing.

- Diffuse 5-10 drops of Eucalyptus to help clean the air in your home.
- Add Eucalyptus to a personal aromatherapy inhaler, and deeply inhale to help clear the lungs and promote deep breathing.
- When you are feeling congested, simply add 5 drops of Eucalyptus in a steaming shower. Step in, and take deep breaths.
10 ESSENTIAL OILS FOR THE COLD AND FLU SEASON

**FRANKINCENSE CARTERII ESSENTIAL OIL**

Frankincense is so versatile. Not only can it be used for skin care and emotional health, but it is known to be an antiseptic and can support a healthy immune system by helping your body fight bacteria and viruses. You can even use it to support your body’s natural healing process by relieving both inflammation and aching joints or muscles.

- Diffuse 5 drops of Frankincense and 5 drops of Lavender before bed to encourage a more restful sleep when you feeling a cold coming on.
- Add 2-3 drops of Frankincense to any DIY cleaner to help disinfect surfaces in the home.
- Inhale the aroma deeply to uplift the mind and improve your spirits when feeling under the weather.

**PEPPERMINT ESSENTIAL OIL**

You can use Peppermint to alleviate many cold and flu symptoms such as soothing body aches and headaches, clearing congested nasal passages, uplifting the mind, and soothing an upset stomach. Known for its anti-inflammatory, anti-microbial, and pain-relieving properties, Peppermint a go-to solution for when you are dealing with a cold.

- Combine 2 tsp of Better Butter and 10 drops of Peppermint in your hand or a glass container. Apply to the chest and neck to promote better, clearer breathing.
- Add 10-15 drops of Peppermint to an aromatherapy inhaler, and deeply inhale to open up airways, soothe headaches, and uplift the mind and body.
- Combine 10 drops of Peppermint, 5 drops of Lemon, 5 drops of Thyme, and 1 tbsp of witch hazel in a 4 oz spray bottle.

**THYME ESSENTIAL OIL**

Thyme is such a great oil to use to help protect your body during the cold and flu season. Studies have shown that Thyme essential oil has antioxidant, antimicrobial, and antifungal properties, making it a great option for cleaning and as an immune system booster. Thyme can help keep colds and the flu at bay by helping your body fight off bacteria and possible infection.

- Diffuse Thyme, Eucalyptus, and Clove Bud to help bolster your immune system.
- Apply Thyme to the bottom of the feet with a carrier oil to help your body fight possible infection.
- Combine 10 drops of Thyme, 10 drops Oregano, and 10 drops of Tea Tree in a spray bottle. Fill with water, shake, and spritz to clean surfaces like doorknobs and counters.

**ORANGE ESSENTIAL OIL**

Orange essential oil is such a good option for relieving flu symptoms. With anti-inflammatory, antimicrobial, and stress-relieving properties, you can use, Orange oil for cleaning and purifying surfaces, uplifting the mood, and energizing the body.

- Diffuse 3 drops of Orange, 2 drops of Lemon, and 1 drop of Tea Tree to help clean and purify the air around you.
- Add 5 drops of Orange and 5 drops of Eucalyptus to an aromatherapy inhaler. Deeply inhale to help expel any lingering congestion.
- Combine 2 drops of Orange and 1 drop of Peppermint with 1 tsp of carrier oil. Apply to the neck and chest to energize the body and mind.
**TEA TREE ESSENTIAL OIL**

Tea Tree is known as the “Swiss Army Knife” of essential oils. Commonly used for its virus and bacteria-fighting properties, Tea Tree can help your body stay healthy and strong amid sickness. It can also cleanse the air and even assist in opening up the sinuses.

- Diffuse 4 drops of Tea Tree, 3 drops of Frankincense, and 2 drops of Cedarwood to help soothe a dry cough.
- Apply Tea Tree topically with a carrier oil to the outside of the neck and around the glands to soothe a sore throat.
- Combine 3-7 drops of Tea Tree and Lavender to a washcloth. Drop the washcloth in the middle of a steaming shower, and let the water run over it while deeply inhaling the aroma.

**LAVENDER ESSENTIAL OIL**

Many people use Lavender to support the relaxation of the body and mind. However, not only is Lavender great for relaxation and sleep, but studies show that this essential oil also offers antimicrobial, antifungal, antioxidant, analgésic, and anti-inflammatory properties.

- Combine 5 drops of Lavender, 5 drops of Tea Tree, and 5 drops of Clove in a spray bottle with water. Shake to mix, and spray the linens of your homes to help cleanse and clear away any germs or lingering bacteria.
- Add 4 drops of Lavender and 2 drops of Marjoram to 2 tsp of carrier oil. Applytopically to soothe sore muscles and joints.
- Use Lavender in steam inhalation. Add 1-3 drops in a bowl of hot water. Cover your head with a towel, close your eyes, and inhale the aromatic steam. This can help clear your airways, soothe headaches, and promote deep relaxation.

**TOHI DEFEND Immunity Supplement**

Protect. Reinforce. Recover.

Taking an immunity supplement daily can greatly help your body during cold and flu season. Tohi’s Defend Immunity Supplement empowers your immune system and protects your body from various environmental and seasonal threats. Packed with antioxidants, Defend helps guard you against new threats during times of sickness while supporting overall vitality. Defend also promotes healthy immune function and overall physical health. Defend is infused with our Sacred Immune Strength Blend, which includes Clove Bud, Cinnamon Bark, Lemon, Orange, Oregano, Mandarin, Thyme, Rosemary, Nutmeg, Ginger Root, and Sacred Frankincense essential oils.

**REFERENCES**

Eucalyptus Studies: https://www.ncbi.nlm.nih.gov/pubmed/20359267


