

# Essential Oil Travel Tips

*A Traveler's Guide for Essential Oil Use*



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## PLANNING TO TRAVEL SOON?

There is nothing worse than catching a bug, having a mishap, or not feeling well while traveling! Having it ruin your trip and all the memories you were hoping to make could lead to a lot of disappointment. To deter this from happening, start preparing for travel by building your immune system and protecting yourself against any environmental threats. You can also inform yourself about what essential oils you should have on hand and any tips you need to know before you go.

## TRAVEL DO'S AND DONT'S

### DO:

- Make sure you have your pack of oils with you wherever you go!
- Store your oils in a small wooden box or cushioned zipper pouch for safe keeping out of the sun.
- Always dilute the oils before using them on children.
- If you have your oils in a carry-on, put them in a ziplock baggie before putting them in a zipper pouch. That way it's easy to pull them in and out if you are going through airport security.
- Pack a small travel diffuser, which will come in handy in so many ways!
- Keep a spray bottle of Immune Strength hand sanitizer with you at all times to keep you clear of germs.
- Bring cotton balls to apply your oils if you don't want to get the oils on your fingers, or if you are a friendly traveler that likes to share with others.

### DON'T:

- Put a citrus oil on your skin and go out in the sun or go tanning. EVER!  
*(wait 12-18 hours after applying a citrus oil before exposing that area to the sun)*
- Store your oils in a place where they will be exposed to sunlight or fire.
- Use a lot of oils at once. Don't forget that less is more when it comes to the oils. One to two drops throughout the day is better than all at once.
- Continue using an oil if you start to get a rash or skin reaction after using it.
- Forget to pack a carrier oil along with your essential oils for dilution.  
You will need it.
- Use water to cancel out a hot oil. Use a carrier oil instead.
- Pack your oils without making sure that all lids are closed tightly to avoid spilling.

## THINK AHEAD FOR TRAVELING WITH OILS

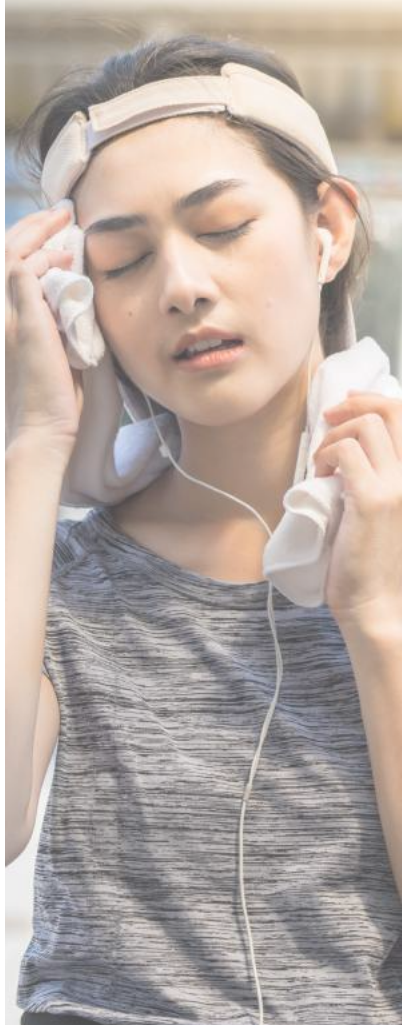
### FEELING QUEASY OR MOTION SICK?

- Use Tummy Rub when your stomach isn't feeling quite up to par after overindulging in a large meal, or if you are feeling queasy from eating something that didn't sit too well with your stomach. Rubbing a drop or two on the belly can be a lifesaver.
- Tummy Rub or Peppermint oil can come in handy when experiencing motion sickness from traveling in a car, on a boat, or in a plane. Place one drop on the stomach, and rub it in.
- Whether it's loose bowels or trouble having bowel movements at all, Tummy Rub is a go-to remedy that works. It quickly provides comfort to the body and digestive tract.
- When you experience nausea, put a drop of Peppermint oil on your hands. Rub your hands together and breathe in the aroma to calm the nausea.



## GOT SUN EXPOSURE OR HEAT EXHAUSTION?

- Got heat exhaustion? Place three drops of Peppermint oil along the shoulders and back of the neck. Then place a cool, damp rag over the shoulders to allow the body to cool down.
- For sunburns, combine Lavender oil with Fractionated Coconut oil, and apply daily until the sunburn is gone.
- To keep cool on a hot summer day, fill a bucket with water, add two drops of Peppermint oil, and mix. Dunk a washcloth or bandana in the water, wring it out, and wear it around your neck to keep your body temperature down.
- Combine Peppermint oil with Fractionated Coconut oil, and apply to open up pores and release the heat inside from skin exposed to the sun.
- Sometimes sun exposure causes tension headaches. Apply a drop of Peppermint oil along the temples and away from the eyes to release pressure and aches.
- Itchy scalp from summer heat? Put a few drops of Peppermint oil in your conditioner to help with dry scalp and dandruff. Peppermint also helps stimulate hair growth and is a great pick-me-up.



## TRAVELING BY CAR, PLANE, BOAT, BUS, OR TRAIN?

- Before getting on an airplane, boat, bus, or train, make sure to rub Immune Strength on your hands and feet to keep your hands sanitized and build your immunity.

-Having anxiety about flying? Put a drop or two of Lavender oil in your hands, rub them together, and breathe in the calming effects of Lavender. You can also try applying it to the bottom of your feet before a flight to calm your nerves.

- Diffuse Peppermint oil in a car diffuser to stay awake and alert, and to energize your mental capacities.

-Put a few drops of Purify in the car cabin filter when you replace it to create a clean, fresh smell in the car.

-When you have a hard time staying awake during road trips, put Peppermint oil on the back of your neck, and your temples, or along your collarbone, and rub for 30 seconds. This will help keep you alert on long drives.

- Put a drop of Purify on a cotton ball, and stick it into the A/C vent of the car to lighten the mood, and to get the car smelling clean and fresh quickly.

- Apply a drop of Lavender oil to your neck pillow on the plane. You can also add a drop to the pillowcase of your pillow for a good night's sleep after traveling.

-Apply Lavender oil to your feet and wrists for a good night's sleep after a long flight or day of touring.



## DOING ANY SIGHT SEEING OR HIKING?

- Apply Peppermint oil to sore, aching, or painful muscles to alleviate discomfort.
- Peppermint oil can be rejuvenating, and it can give you a boost of energy when you start feeling sluggish or fatigued. Open up your airway by rubbing a drop on your chest.
- Keep your airway open and functioning well while hiking or camping at high altitudes by rubbing a drop of Peppermint oil on your chest.

## WANT TO KEEP THE AIR CLEAN AND GERMS AWAY?

- Diffuse Immune Strength in hotel rooms to cleanse, sanitize, and deodorize the air. Immune Strength can prevent you and your family from being exposed to the germs of previous tenants. It's great at killing airborne bugs.
- Use Immune Strength as a cleaner to disinfect strollers, tables, and high chairs at restaurants, and other places where germs abound.
- Diffuse Purify for a delightful room freshener at home, at a hotel, or in an RV.
- Applying Immune Strength to your hands and feet can help build your immune system and prevent you from catching a bug this summer! It helps keep airborne contaminants and seasonal bugs at bay.





## WANT TO KEEP BUGS AWAY WHILE CAMPING?

- For any bug bite or sting, apply Purify immediately and directly on the area to take the sting and discomfort away.
- Purify works great as a natural bug repellent!
- Keep bugs and ants out of the tent by combining water and Peppermint oil in a spray bottle. Spray it around windows and doorways for a chemical-free pest deterrent.
- Spray Immune Strength on your hands to sanitize when there is no water around.
- Keep pesky flies and ants away from your picnic by spraying Peppermint oil around the picnic area. It is also an excellent deterrent for plant lice, spiders, aphids, beetles, caterpillars, moths, and fleas.

*Traveling can be an enjoyable experience full of wonderful memories if you are well equipped to handle life's little emergencies.*

**More information available at:**

*thehealingcoach.com*

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