

Traveling With Essential Oils For Health and Jet Lag

by Candace Newman MAT, LMT

How many times have you picked up a sore throat, cold or flu during or after traveling? One of the unhealthiest places we can be on this planet is in an airplane. We are in a closed box with others, breathing the same air, and not getting the good oxygen we need. Then others are often coughing, sneezing or smoking.

After too many sore throats and colds, I decided to take on the challenge. I started experimenting and put together my "Airplane Traveling Regimen", which is also comforting and healthy for cars, boats, trains and planes.

Since pure high-grade essential oils are naturally anti-bacterial, the inhalation and/or skin application adds to the integrity of our immune system. The fact that essential oils have such powerful aromas, accounts for the nose-brain response that settles our nervousness, motion sickness and groggy head feelings.

Before, during and after the flight:

Take some type of supplemental support such as Vitamin C, Ginseng, B-complex and/or Echinacea. Experiment and find out which ones work the best for you. Also carry a bottle of good water.

Use Lavender Mist or Lavender-Peppermint Mist for your face and head throughout the flight. This hydrates the face, gives you a breath of fresh air, and gets some essential oils into your respiratory system.

Inhale from little bottles of pure Lavender and Peppermint to help keep the nasal passages clear. These oils also help with nervousness, motion sickness and the "heavy-head" feeling we all know too well from being closed up in airplane air and smell.

Note: Do not apply straight essential oils to your skin with the exception of the palms for deep breathing. Blend them with a base oil to apply to skin. Keep away from eyes.

For Jet Lag:

Use Lavender to balance rhythms and aid sleep; use Peppermint to stimulate and help stay alert. Inhale deeply straight from the bottle of pure essential oil, put 2-3 drops on a cotton ball, or combine them in a base oil to apply to nose, temples, and back of neck. You may also put a few drops straight in your palms, rub your palms together and cup your nose, close eyes and breathe deeply. Do this with Peppermint for motion sickness or nausea. Do not put the straight Peppermint on your nose or face, due to the burning properties of menthol.

You owe it to yourself to enjoy traveling and to support your immune system. Let Lavender and Peppermint assist you along the way. Maybe they can create a bit of a magic carpet ride for you!

Options: If you prefer to have formulas made and ready to use... like the Mists, Vapor Rub or Ear/Nose/Throat Oil, you may see them on our website. **The Good Medicine Tin®** also serves as a travel kit with 5 pure essential oils, Lavender Mist, Organic Golden Jojoba as the base oil, and my complete 12 page Guide booklet. This provides you with all you need for travel, hotels, and meetings.

With the liquid restriction on airlines, the 4 ml. bottles of pure Lavender and Peppermint, along with the one ounce mists are perfect. There are 30 ml. in one ounce.

Candace Newman MAT, LMT, is one of the authors of the anthology, *The World of Aromatherapy*, and has contributed many articles to national and international publications. She is founder of Oil Lady Aromatherapy® and Touch With Oils®. Candace and her husband are owners of The Good Medicine Tin® Company LLC.

