Natural Living: Inhalation
Welcome to Inhalation!

In this lesson, you'll learn to make blends for a cold or flu, to calm allergies, and clear up sinus infections.

If you’re traveling, we’ve got you covered! There are great inhaler recipes for anxiety, headaches, nausea, and staying healthy under stress. You'll be the calmest, healthiest, happiest person on the plane!

Don’t travel much? These same blends are great for dealing with nausea, headaches and anxiety that everyone experiences from time to time. If you get regular headaches and feel anxious during difficult times, these inhalers can really help.

You’ll also learn to make three excellent steam blends. One for cold and flu, another for allergies, and lastly for sinus headaches. If you start using the inhalers regularly and steaming a few times a week, you can experience welcome changes in your health.

The diffuser blends are all about creating wonderful aromas in your home and staying healthy. There are six different blends to play with. Time to treat yourself to a diffuser so you can really benefit from these blends!
Cold and Flu Relief Inhaler

Objective: Make an inhaler to prevent a cold or the flu, or to feel better fast.

Making a cold and flu inhaler is a great way to get over a respiratory infection more quickly. They’re especially convenient because you can carry them with you in a pocket or your purse. You can also use them preventively if you find yourself near someone who starts sneezing.

For Adults

INGREDIENTS

- 5 drops Tea Tree (Melaleuca alternifolia)
- 4 drops Black Spruce (Picea mariana)
- 4 drops Eucalyptus (Eucalyptus radiata)
- 2 drops Lavender (Lavandula angustifolia)

For Children Over 5 years Old

INGREDIENTS

- 4 drops Tea Tree (Melaleuca alternifolia)
- 2 drops Black Spruce (Picea mariana)
- 2 drops Cedarwood (Cedrus deodara)
- 2 drops Lavender (Lavandula angustifolia)
Additional Essential Oil Choices for Cold and Flu

- **Black Spruce** (*Picea mariana*)
- **Clary Sage** (*Salvia sclarea*)
- **Distilled Lime** (*Citrus aurantifolia*)
- **Eucalyptus** (*Eucalyptus radiata*, use for children over 10)
- **Frankincense** (*Boswellia carterii*)
- **Ginger** (*Zingiber officinale*)
- **Juniper Berry** (*Juniperus communis*)
- **Lavender** (*Lavandula angustifolia*)
- **Lemon** (*Citrus limon*)
- **Mandarin** (*Citrus reticulata*)
- **Peppermint** (*Mentha × piperita*)
- **Tea Tree** (*Melaleuca alternifolia*)
Allergy Inhaler Blend

Objective: Make an inhaler to calm allergy symptoms.

For Adults

INGREDIENTS

- 6 drops Eucalyptus (Eucalyptus radiata)
- 6 drops Frankincense (Boswellia carterii)
- 3 drops Roman Chamomile (Chamaemelum nobile)

For Children Over 5 years Old

INGREDIENTS

- 5 drops Frankincense (Boswellia carterii)
- 3 drops Roman Chamomile (Chamaemelum nobile)
- 2 drops Cedarwood (Cedrus deodara)
Additional Essential Oil Choices for Allergies

- **Black Spruce** (*Picea mariana*)
- **Juniper Berry** (*Juniperus communis*)
  (Only use a few drops, due to potential irritation.)
- **Lavender** (*Lavandula angustifolia*)
- **Peppermint** (*Mentha × piperita*)
  (Only use a few drops, since Peppermint is such a strong oil.)
- **Tea Tree** (*Melaleuca alternifolia*)
Sinus Infection Inhaler

Objective: Make an inhaler to ease the symptoms of a sinus infection.

These recipes include essential oils that are especially healing for the respiratory system and sinuses. They fight infection while stimulating your immunity.

For Adults

Ingredients

- 5 drops Tea Tree (Melaleuca alternifolia)
- 4 drops Lemongrass (Cymbopogon citratus ct. rhodinol) or substitute Frankincense (Boswellia carterii)
- 3 drops Lavender (Lavandula angustifolia)
- 3 drops Mandarin (Citrus reticulata)

For Children Over 5 years Old

Ingredients

- 3 drops Lemongrass (Cymbopogon citratus ct. rhodinol) or substitute Frankincense (Boswellia carterii)
- 3 drops Tea Tree (Melaleuca alternifolia)
- 2 drops Lavender (Lavandula angustifolia)
- 2 drops Mandarin (Citrus reticulata)
Additional Essential Oil Choices for Sinus Infections

- **Black Spruce** (*Picea mariana*)
- **Distilled Lime** (*Citrus aurantifolia*)
- **Eucalyptus** (*Eucalyptus radiata*)
- **Frankincense** (*Boswellia carterii*)
- **Lemon** (*Citrus limon*)
- **Peppermint** (*Mentha × piperita*)
Calming Anxiety Inhaler

**Objective:** Make an inhaler to calm feelings of nervousness and anxiety.

These recipes have an almost magical ability to soothe emotions. They affect the limbic system directly, so they’re actually nurturing your nervous system while helping you relax.

### For Adults

**INGREDIENTS**

- 5 drops Clary Sage  
  *(Salvia sclarea)*
- 4 drops Geranium  
  *(Pelargonium × asperum)*
- 3 drops Cedarwood  
  *(Cedrus deodara)*
- 3 drops Roman Chamomile  
  *(Chamaemelum nobile)*

### For Children Over 5 years Old

**INGREDIENTS**

- 3 drops Cedarwood  
  *(Cedrus deodara)*
- 3 drops Clary Sage  
  *(Salvia sclarea)*
- 3 drops Geranium  
  *(Pelargonium × asperum)*
- 1 drop Roman Chamomile  
  *(Chamaemelum nobile)*
Additional Essential Oil Choices for Calming Anxiety

- **Frankincense** (*Boswellia carterii*)
- **Lavender** (*Lavandula angustifolia*)
- **Patchouli** (*Pogostemon cablin*)
- **Ylang Ylang** (*Cananga odorata*)
Headache Inhaler

Objective: Make an inhaler to relieve the tension and pain of a headache.

These recipes include some strong analgesic and anti-inflammatory oils, like Lavender and Peppermint. The oils can be very healing individually, but combining them in an inhaler provides a great synergy of benefits.

For Adults

INGREDIENTS

- 5 drops Frankincense (Boswellia carterii)
- 5 drops Peppermint (Mentha × piperita)
- 3 drops Lavender (Lavandula angustifolia)
- 2 drops Eucalyptus (Eucalyptus radiata)

Mentha × piperita

For Children Over 5 years Old

INGREDIENTS

- 5 drops Frankincense (Boswellia carterii)
- 3 drops Lavender (Lavandula angustifolia)
- 1 drop Cedarwood (Cedrus deodara)
- 1 drop Peppermint (Mentha × piperita)
Additional Essential Oil Choices for Headaches

- **Clary Sage** (*Salvia sclarea*)
- **Eucalyptus** (*Eucalyptus radiata*) for children over 10
- **Frankincense** (*Boswellia carterii*)
- **Geranium** (*Pelargonium × asperum*)
- **Juniper Berry** (*Juniperus communis*)
- **Lavender** (*Lavandula angustifolia*)
- **Lemon** (*Citrus limon*)
- **Peppermint** (*Mentha × piperita*) for children over 5
- **Roman Chamomile** (*Chamaemelum nobile*)

*A note about migraines:* When someone has a migraine, aromas can be overwhelming—even those they usually like. I’ve found that preventing migraines with essential oils is easier than treating them. If the aroma of Peppermint does appeal during a migraine, it can help to apply a drop, in some jojoba or cream, to the back of the neck.
Relief from Nausea Inhaler

**Objective:** Make an inhaler to calm your stomach.

Several of these recipes are useful digestive aids as well, and restore your sense of balance.

### For Adults

**INGREDIENTS**

- 5 drops Lavender (*Lavandula angustifolia*)
- 5 drops Peppermint (*Mentha × piperita*)
- 3 drops distilled Lime (*Citrus aurantifolia*)
- 2 drops Ginger (*Zingiber officinale*)

### For Children Over 5 years Old

**INGREDIENTS**

- 4 drops distilled Lime (*Citrus aurantifolia*)
- 4 drops Lavender (*Lavandula angustifolia*)
- 1 drop Ginger (*Zingiber officinale*)
- 1 drop Peppermint (*Mentha × piperita*)
Additional Essential Oil Choices for Nausea

- **Lemon** (*Citrus limon*)
- **Mandarin** (*Citrus reticulata*)
- **Roman Chamomile** (*Chamaemelum nobile*)
On The Airplane Inhaler

**Objective:** Make an inhaler to boost your immunity while traveling.

Getting sick is never fun, but it’s especially unfortunate when you’re traveling. These recipes boost your immune system, fortifying you for airports, planes, and other "germ tubes." They can also help speed your recovery if you do get sick.

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**For Adults**

**INGREDIENTS**

- 4 drops Black Spruce (*Picea mariana*)
- 4 drops Cedarwood (*Cedrus deodara*)
- 4 drops Lemon (*Citrus limon*)
- 3 drops Juniper Berry (*Juniperus communis*)

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**For Children Over 5 years Old**

**INGREDIENTS**

- 5 drops Cedarwood (*Cedrus deodara*)
- 3 drops Lemon (*Citrus limon*)
- 1 drop Black Spruce (*Picea mariana*)
- 1 drop Juniper Berry (*Juniperus communis*)
Additional Essential Oil Choices for Immunity

- **Black Spruce** *(Picea mariana)*
- **Clary Sage** *(Salvia sclarea)*
- **Distilled Lime** *(Citrus aurantifolia)*
- **Eucalyptus** *(Eucalyptus radiata)* for children over 10
- **Frankincense** *(Boswellia carterii)*
- **Ginger** *(Zingiber officinale)*
- **Lavender** *(Lavandula angustifolia)*
- **Lemon** *(Citrus limon)*
- **Mandarin** *(Citrus reticulata)*
- **Peppermint** *(Mentha × piperita)*
- **Tea Tree** *(Melaleuca alternifolia)*
Steam Blends

**Objective:** Make a stock steam blend in a 5 ml orifice reducer bottle.

Use just one or two drops of your blend per steam. If more drops come out into your bowl of hot water, dump the water out and start again. These stock blends will last for 60 or more steams.

When you blend your own combinations, use only oils that are skin nourishing so they don’t irritate the mucous membranes in your nose. Avoid any spicy, hot oils like Ginger (*Zingiber officinale)*.

Juniper Berry (*Juniperus communis*) and Lemongrass (*Cymbopogon citratus*) can be irritating, so if you use them in your 75-drop stock blends, add no more than 10–15 drops.
## Steam Blends

### Cold and Flu/Congestion

**INGREDIENTS**

- 25 drops Eucalyptus (*Eucalyptus radiata*)
- 25 drops Tea Tree (*Melaleuca alternifolia*)
- 25 drops Black Spruce (*Picea mariana*)

### Sinus Headache

**INGREDIENTS**

- 10 drops Peppermint (*Mentha x piperita*)
- 20 drops Lavender (*Lavandula angustifolia*)
- 30 drops Cedarwood (*Cedrus deodara*)

### Allergies

**INGREDIENTS**

- 25 drops Tea Tree (*Melaleuca alternifolia*)
- 30 drops Cedarwood (*Cedrus deodara*)
- 10 drops Roman Chamomile (*Chamaemelum nobile*)
- 10 drops Lavender (*Lavandula angustifolia*)

For children over 5 years old, steaming is fine as long as you use very nourishing essential oils. We suggest Cedarwood and Tea Tree.
Our Favorite Diffuser Blends

The recipes below are made in 5 ml orifice reducer bottles and can be used many times.

We generally use about 5 or 10 drops each time we diffuse, but it depends on the size of your space and the kind of diffuser you’re using.

There are no real guidelines for how many drops to use in a diffuser, so just experiment and see how much you like.

Once you know you love a particular blend, you can make it in larger sizes. We like making the blends in 15 ml bottles. (Simply triple the recipes.)

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### Morning Sparkle

**INGREDIENTS**

- 30 drops distilled Lime (*Citrus aurantifolia*)
- 30 drops Mandarin (*Citrus reticulata*)
- 10 drops Peppermint (*Mentha × piperita*)
- 5 drops Geranium (*Pelargonium × asperum*)

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### Nighttime Calm

**INGREDIENTS**

- 40 drops Lavender (*Lavandula angustifolia*)
- 30 drops Clary Sage (*Salvia sclarea*)
- 5 drops Ylang Ylang (*Cananga odorata*)
Our Favorite Diffuser Blends (Continued)

Daytime Focus

**INGREDIENTS**

- 40 drops Lemon *(Citrus limon)*
- 30 drops Black Spruce *(Picea mariana)*
- 10 drops Eucalyptus *(Eucalyptus radiata)*

Don’t Get Sick

**INGREDIENTS**

- 30 drops Eucalyptus *(Eucalyptus radiata)*
- 30 drops Juniper Berry *(Juniperus communis)*
- 15 drops Black Spruce *(Picea mariana)*

Meditation and Prayer

**INGREDIENTS**

- 40 drops Frankincense *(Boswellia carterii)*
- 20 drops Clary Sage *(Salvia sclarea)*
- 15 drops Cedarwood *(Cedrus deodara)*

Floral Ambiance

**INGREDIENTS**

- 45 drops Lavender *(Lavandula angustifolia)*
- 20 drops Geranium *(Pelargonium × asperum)*
- 10 drops Ylang Ylang *(Cananga odorata)*