

# ABG Wellness

## Immune System Boosting Essential Oils with DIY Recipes & Blends

There are many ways to boost your immunity. One simple way is to add immune boosting essential oils into your daily routine. Essential oils are nature's miracle makers, they can help improve the immune system naturally.

The immune system protects your body from infections, foreign bodies, and the development of diseases. This is why it is so important to make sure your [immune system](#) is strong.

### Tea Tree Oil

- Stimulates the immune system and assists the body in resisting and fighting infection. Mix 3-5 drops of tea tree into a tablespoon of castile soap and add to bathwater.

### Eucalyptus Essential Oil

- Diffuse eucalyptus oil to boost immune activity and open airways. You can also add 2 drops to the shower floor to receive positive effects from the aromatherapy steam.

### Rosemary Essential Oil

- Rosemary is great for boosting circulation and easing inflammation. Dilute a few drops of rosemary and apply to skin sores or bites to reduce redness and swelling.

### Lemon Essential Oil

- Lemon oil promotes health, healing, and energy. It has strong antibacterial, antifungal, and antiviral properties. Try a natural room freshener by adding 20 drops to a 2 oz spray bottle, fill the rest of the bottle with distilled water. Use the spray to cleanse and freshen the air.

## Oregano Essential Oil

- Powerful pathogen fighter. Add 2 drops of oregano in carrier oil and massage into soles of feet.

## Purifying Room Mist Spray

Use essential oils to create a room spray that can help turn any environment into a place of healing.

### Ingredients:

- 4 ounces pure water
- 10 drops cinnamon leaf oil
- 10 drops rosemary essential oil
- 10 drops lemon essential oil
- 10 drops eucalyptus globulus

**Directions:** *Gently swirl essential oils in a 4 oz. PET hard plastic mist spray bottle to synergize, add pure water. Shake before spraying in room to purify the air. Not for dermal use, avoid contact with eyes.*

## Direct Palm Inhalation

Direct Inhalation is one of the safest methods of using essential oils and can be very effective.

### Ingredients:

- 2-3 drops of any essential oil

**Directions:** *Add essential oil to a tissue, place tissue in palm of hands, and inhale deeply two to three times through the nose. Do this twice daily.*

# Steam Inhalation

For a different experience, try using steam to inhale essential oils. This can be a great practice for cold days.

## Ingredients:

- 2-3 drops of any essential oil
- 2 cups steaming hot water

**Directions:** *Add essential oil to steaming hot water in a basin. Cover your head with a towel and place your head above the basin. Breathe through your nose from a comfortable distance, exhaling through your mouth. Keep your eyes closed.*

## Keep in Mind

When using essential oils, keep the following in mind:

- Low concentrations of essential oils should be used with children, elderly, and pregnant women (less than 2 percent).
- Use essential oils in a well-ventilated area and keep concentrated oils away from children and pets.
- Keep bottles tightly closed to prevent evaporation and oxidation.
- Before using essential oils, test your body's reaction on a small patch of skin.
- If you are pregnant or under care for a medical condition, consult with your doctor before using essential oils.
- Never ingest oils and never use undiluted oils on the skin.

Remember that aromatherapy can greatly benefit your health it is not a cure for ailments. It's a complementary treatment used to help alleviate symptoms.

Aromatherapy is not meant to replace a diagnosis or treatment by a physician.

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