

SO

10 WAYS
TO TREAT
ALLERGIES
naturally

UOL

Essentially Oils

WELCOME!

If you or a family member suffers from allergies then you understand how frustrating it can be. From a constant runny nose, sneezing, watery eyes and rashes can just be miserable. Hi! My name is Danielle; a wife and mom to two amazing kids. I have dealt with allergies my entire life. I suffered for so many years, but I'm here to share with you 10 ways to treat allergy symptoms so you too can find relief naturally. If you have any questions or want to know how to get some of the products feel free to email me soulesslyoils@gmail.com



ALLERGY ROLLERBALL

Lemon has antiseptic properties as well as cleansing & purification. **Peppermint** has anti-inflammatory and decongestant properties and helps promote healthy respiratory conditions. Its also soothing & cooling.

Lavender also has anti-inflammatory properties

>>This trio works together as one of the most powerful antihistamines to bring down inflammation and ease discomforts from allergies

ROLLERBALL RECIPE:

In a 10ml roller I add 10 drops each; Lemon, Lavender & Peppermint and fill rest with FCO.



ALL THINGS BREATHE

The Respiratory Blend contains essential oils such as Eucalyptus, Lemon, Cardamom and Ravensara that have been shown to soothe tissues of the respiratory system and their ability to combat airborne bacteria and viruses.

- Diffuse Breathe or apply to bottoms of feet when seasonal threats are high.
- Breathe Vapor Stick: Apply to neck and chest to promote clear airways and easy breathing. Great before bed.
- Breathe Respiratory Drops. Everything you love about Breathe in one tasty lozenge.



TRIEASE

The allergy trio, Lemon, Lavender & Peppermint made in a convenient softgel. This makes it easy to provide your body and immune system with exactly what it needs to combat seasonal allergies and other environmental threats. Take before gardening, hiking or going to the park with the kids. Take daily during allergy season, high pollen count days to just to maintain clear breathing.

DIFFUSING

Diffusing essential oils is a simple and effective way to reach the sinuses, combat emotions and purify the air. By diffusing, our body can absorb the oils instantly and over a period of time by inhaling them.



Allergy Blend

3 Lemon
3 Lavender
3 Peppermint

Sinus Pressure

3 Peppermint
3 Lemon
3 Eucalyptus

Sinus Headache

3 Lavender
3 Peppermint
2 Frankincense
2 Basil

Congestion Blend

3 Peppermint
2 Eucalyptus
2 Melaleuca
1 Lemon

Sore Throat

4 Lemon
3 Frankincense
1 Melaleuca

Breathe Easy

4 Breathe
2 Eucalyptus
2 Peppermint

or this

3 Douglas Fir
3 Eucalyptus

For the kiddos

3 Breathe
1 Frankincense
1 Cardamom

Sniffles

3 Lavender
3 Eucalyptus
2 Peppermint
1 Rosemary

Just Breathe

3 Onguard
2 Peppermint
3 Breathe
1 Frankincense



NUTRITION & SUPPLEMENTS

An allergy occurs when the immune system responds to a substance that does not bother most people. A typical allergic reaction to dust, pollen, animals insect bites, medicine and mold will produce antibodies that release antihistamines which produce allergy symptoms.

One way to combat allergy symptoms is through nutrition & supplements.



LIFE LONG VITALITY

The LLV supplements offer powerful antioxidants and immune support. Below are specific vitamins found in LLV and how they can assist with allergies.

Vitamin C: a powerful antioxidant that helps support the immune system, lower histamine levels and combat free radical damage.

Quercetin: high antioxidant and aid in the treatment of allergic conditions.

Vitamin D: supports immune regulation.

Omega Complex- help alleviate hay fever, sinus problems and allergies skin conditions.

ONGUARD +

Seasonal allergies are often due to immunity imbalances, so keep your immune system strong with Onguard soft gels.

ZENDOCRINE

All the oils in this blend can help rid the body of toxins that could be compromising your immune system, so taking these throughout the allergy season can assist with organ cleansing and healthy tissue function. Rosemary has strong antioxidant effects. Cilantro helps support the liver against toxins. Juniper Berry is used for cleansing and antioxidant properties.

A2Z CHEWABLE

During allergy season you can add in this chewable that contains vitamins (like the one listed to the left) and nutrients that will support your body with extra antioxidants and immunity support.

PBASSIST+

A healthy gut lays the foundation for a healthy immune system. Did you know that 70% of the immune system is located in the gut?!?! Probiotics help maintain healthy gut flora and can help protect the body against allergens.



In the Shower.

Add 2-3 drops of essential oil to steam shower. Opens up airways, promotes clear breathing.



Breathe Mud Mask.

Add 1-2 drops of Breathe to Mud Mask and apply to nose & cheek bones. Other essential oil options: Melaleuca, Copaiba, Lavender. Helps relieve sinus pressure.



Ears & Eyes.

Apply 1-2 drops Melaleuca to cotton and set on outside of ear. Helps relieve ear pressure. Add 1-3 drops of Melaleuca to warm wash cloth and apply over closed eyes to help relieve itchy feelings.



Copaiba. Put 1 drop under tongue (up to 3x per day) when experiencing high sinus pressure and/or drainage.



Steam Mug. Microwave 1/2 cup water for 2 minutes. Add 2 drops each: Lemon, Melaleuca, Peppermint & Oregano. Close eyes*** and hover over mug and inhale. Helps relieve sinus pressure and cleanse.