

• ESSENTIAL OILS •
For Coughs & Colds

YOU CAN FIND NATURAL RELIEF FOR "SEASONAL THREATS" USING ESSENTIAL OILS. THOUGH OILS DON'T CURE AND TREAT DISEASE, GIVE THESE REMEDIES A TRY NEXT TIME AROUND.

Top oils for Colds and Coughs

Face it. when the colds and coughs come, you need these oils in your arsenal. Have these oils on hand and follow the protocols to stay healthy during this season.

ONGUARD PROTECTIVE BLEND
BREATHE RESPIRATORY BLEND
OREGANO & THYME
LEMON & LIME
FRANKINCENSE
BLACK PEPPER
MELALEUCA

EUCALYPTUS
MARJORAM & BASIL
MELISSA & MYRRH
ROSEMARY
CLOVE & COPAIBA
CINNAMON
CASSIA & WILD ORANGE

Modern Essentials Group



• IMMUNE PROTECTION •

Get a daily drop of protection by doing the following:

- PLACE ONE DROP OF ONGUARD IN YOUR HAND AND USE IT AS A HAND SANITIZER
- MAKE A HAND SANITIZER SPRAY WITH A 2OZ BOTTLE, WATER, 1/2 TSP OF FCO, AND 10 DROPS OF ONGUARD
- TAKE A CAPSULE OF ESSENTIAL OILS INTERNALLY ON A DAILY BASIS DURING THE COLD SEASON. TRY ONGUARD PLUS!



• THROAT PROTECTION •

When you feel that tickle...

- GARGLE WITH 1 DROP OF ONGUARD AND WATER IN YOUR MOUTH.
- DRINK 2 DROPS OF LEMON IN 8 OZ OF WATER, STAY HYDRATED!
- APPLY FRANKINCENSE, MARJORAM, LIME, EUCALYPTUS, OR MELALEUCA TO YOUR THROAT. DILUTE AS NECESSARY.

Dilute hot oils like Oregano, OnGuard, Thyme, & Cassia, and apply to the bottom of feet.

-Add Melissa or Myrrh to the bottom of your feet.

• THROAT SPRAY •

In a 2 oz bottle or empty essential oil bottle with spray top, add 10 drops OnGuard, 2 drops Frankincense & 1 drop Melissa. Fill to top with water. Shake & Spray into mouth.

• DIFFUSER BLEND •

1 drop Oregano
1 drop Lemon
2 drops OnGuard
1 drop Cinnamon

• STUFFY NOSES •

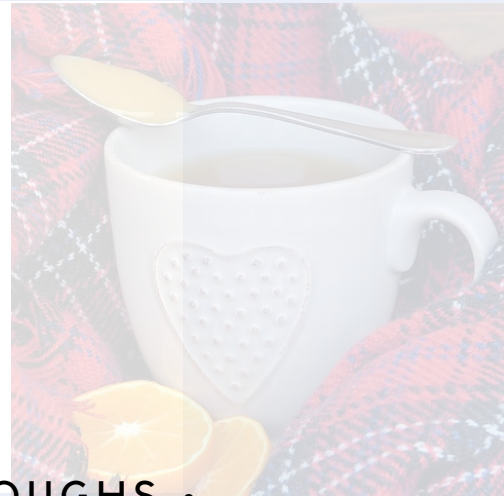
Get a daily drop of protection by doing the
When stuffiness hits...

- USE BREATHE RESPIRATORY BLEND, PEPPERMINT, EUCALYPTUS, COPAIBA, OR ROSEMARY AROUND THE NOSE. AVOID CONTACT WITH EYES. DILUTE AS NEEDED. APPLY OILS TO BOTTOM OF FEET.

-DIFFUSE 6 DROPS OF OILS THAT COMBINE IMMUNE PROTECTION WITH *RESPIRATORY* SUPPORT.

• IN HEAL •

The sinus steam - you add the oils to hot water and breathe (do NOT drink!)
Deeply inHEAL, let your body give do its magic and reflect on a few things your grateful for right now (additional healing)



• COUGHS •

- ADD 2 DROPS FRANKINCENSE AND 2 DROPS BREATHE BLEND IN YOUR HAND, CUP YOUR HANDS AROUND YOUR MOUTH AND BREATHE IN LIKE AN INHALER.

-FOR A DEEP PAINFUL CHEST COUGH TRY: 2 DROPS EACH OF ROSEMARY, EUCALYPTUS, AND FRANKINCENCE ON THE CHEST.

FOR A WET, THROAT COUGH- TRY 2 DROPS EACH OF PEPPERMINT, ROSEMARY, AND LIME.

-FOR A DRY, HACKING COUGH TRY 2 DROPS EACH EUCALYPTUS, ROSEMARY, LEMON, AND MYRRH. APPLY TO THROAD AND CHEST.

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• IMMUE BOMB •

In a capsule, combine:

- 1 drop Oregano
- 1 drop Frankincense
- 1 drop Copaiba
- 1 drop Melaleuca
- 1 drop OnGuard
- 1 drop Melissa

• EYE DISCOMFORT •

Use 1-2 drops Lavender, Melaleuca, or Purify around the orbital bone of the eye, Avoid direct contact with the eyes and eye lids.

• EAR DISCOMFORT •

Use 1-2 drops Basil or Melaleuca around the ear.
Do not insert into ear canal

• FEELING WARM? •

Apply 2-4 drops Peppermint and Lavender on the forehead, temples, back of neck, along the spine. Other oils to try include Basil and Lime.



• COUGH SYRUP •

- 1/2 cup raw honey
- 8 drops Lemon
- 8 drops Frankincense
- 8 drops Clove
- 8 drops Peppermint
- 8 drops Cinnamon
- 8 drops Wild Orange