

Essential Oils for Cold, Coughs, Flu, Immune & Respiratory Support



With the change of seasons, especially entering the winter months, the common cold, flu, sniffles and coughs can be prevented or staved off by building a healthy immune system. In winter, with less time spent outdoors or in the sunshine, the common cold, flu and coughs are highly contagious. Throughout the year and specifically as we enter winter, these essential oils' special properties can help prevent bugs and hold them at bay.



Consider using a combination of several of these essential oils in a diffuser, necklace, adding to chest rubs and cough lollies. Essential oils that have antimicrobial, antifungal, antibacterial, antiviral and anti-inflammatory properties have been used traditionally in aromatherapy to treat congestion, coughs, colds and flu. Some are used as natural decongestants and even to reduce fevers.





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COLDS

To help colds we must kill bacteria and fight against viral infections, help reduce fever and decongest the lungs and nasal passages. These oils help to detoxify the body whilst decongesting the mind. These oils share antimicrobial, antibacterial and antifungal activity. Essential oils with high cineole content have also shown to help ward off colds.



Clove Bud Oil

*Eugenia Caryophyllus syn
Syzgium Aromaticum*

Eucalyptus Oil

Eucalyptus Blue Mallee

Eucalyptus Oil

Eucalyptus Kochii

Eucalyptus Oil

Eucalyptus radiata

Frankincense Serrata Oil

Boswellia serrata

Geranium Oil

Pelargonium graveolens

Ginger Root Oil

Zingiber officinale

Lavender Oil

Lavandula angustifolia

Lemon Oil

Citrus limonum

Lemongrass Oil

Cymbopogon flexuosus

Oregano Oil

Origanum vulgare

Peppermint Oil

Mentha piperita

Ravintsara Oil

Cinnamomum comphora

Roman Chamomile Oil

Chamaemelum nobile

Rosemary Oil

Rosmarinus officinalis

Tea Tree Oil

Melaleuca alternifolia



While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

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COUGHS

Essential oils may soothe the throat and ease congestion that can cause coughs. The cineole in some essential oils may help break up mucus helping to relieve coughs. Menthol in peppermint cools and soothes the throat. Carvacrol and camphene in Pelargonium sidoides (aka South African Geranium) are also compounds that may assist in the relief of coughs. All of these can be used for chest and sinus massages, diffused for steam inhalation, dropped into a bath, or used on a warm compress.



Bergamot Oil

Citrus bergamia

Black Pepper Oil

Piper nigrum

Cinnamon Oil

Cinnamomum zeylanicum

Cypress Oil

Cupressus sempervirens

Eucalyptus Oil

Eucalyptus Blue Mallee

Eucalyptus Oil

Eucalyptus Kochii

Eucalyptus Oil

Eucalyptus radiata

Fennel Oil

Foeniculum vulgare

Frankincense Serrata Oil

Boswellia serrata

Geranium Oil

Pelargonium graveolens

Ginger Oil

Zingiber officinale



Juniper Berry Oil

Juniperus communis

Lemon Oil

Citrus limonum

Lemongrass Oil

Cymbopogon flexuosus

Marjoram Oil

Origanum majorana

Nutmeg Oil

Myristica fragrans

Oregano Oil

Origanum vulgare

Peppermint Oil

Mentha piperita

Pine Needle Oil

Pinus sylvestris

Rosemary Oil

Rosmarinus officinalis

Tea Tree Oil

Melaleuca alternifolia

Thyme Oil

Thymus vulgaris

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FLU

Some of these oils' chemical constituents are antiseptic, meaning they prevent the growth of disease-causing microorganisms and the spread of bacteria, fungus and viruses. These oils may show antiviral activity helping to relieve the symptoms of flu, and to also help boost immunity.



Bergamot Oil

Citrus bergamia

Lemon Balm Oil (Melissa)

Melissa officinalis



Cinnamon Leaf Oil

Cinnamomum zeylanicum

Lemon Oil

Citrus limonum

Eucalyptus Oil

Eucalyptus Blue Mallee

Lemongrass Oil

Cymbopogon flexuosus

Eucalyptus Oil

Eucalyptus kochii

Peppermint Oil

Mentha piperita



Eucalyptus Oil

Eucalyptus radiata

Rosemary Oil

Rosmarinus officinalis

Geranium Oil

Pelargonium graveolens

Tea Tree Oil

Melaleuca alternifolia

Ginger Root Oil

Zingiber officinale

Thyme Red Oil

Thymus vulgaris

Lavender Oil

Lavandula angustifolia



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IMMUNE BUILDING

The immune system is a complex network within the body that protects us from pathogens, viruses, bacteria or any other harmful organisms. With age, our immune system naturally declines, thus the need to support it with vitamins, exercise and additional inputs, like these health-supporting essential oils.



Cinnamon Oil

Cinnamomum zeylanicum

Lemon Balm Oil (Melissa)

Melissa officinalis



Clove Bud Oil

*Eugenia Caryophyllus syn
Syzgium Aromaticum*

Orange Oil

Citrus sinensis



Eucalyptus Oil

Eucalyptus Blue Mallee

Oregano Oil

Origanum vulgare

Eucalyptus Oil

Eucalyptus Kochii

Rosemary Oil

Rosmarinus officinalis

Eucalyptus Oil

Eucalyptus radiata

Tea Tree Oil

Melaleuca alternifolia

Lemon Oil

Citrus limonum

Thyme Oil

Thymus vulgaris



Ask us for our catalogue or additional application brochures to discover more natural solutions for your formulations!

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RESPIRATORY SUPPORT

These essential oils are great for soothing the throat and easing the lungs. Containing compounds that are known to reduce inflammation and clear away mucus, studies have shown that compounds like menthol in peppermint oil can ease breathing, relax the bronchial muscles. In addition, Tea Tree oil's combination of hundreds of compounds have shown unique ability to inhibit the growth of bad bacteria that cause sinus and respiratory infections.



Cardamom Oil
Elettaria cardamomum

Lemon Oil
Citrus limonum



Cedarwood Oil
Cedrus atlantica

Marjoram Oil
Origanum majorana

Eucalyptus Oil
Eucalyptus Blue mallee

Peppermint Oil
Mentha piperita

Eucalyptus Oil
Eucalyptus kochii

Ravensara Oil
Cinnamomum comphora



Eucalyptus Oil
Eucalyptus radiata

Sandalwood Oil
Santalum spicatum

Fennel Oil
Foeniculum vulgare

Tea Tree Oil
Melaleuca alternifolia

Frankincense Serrata Oil
Boswellia serrata

Thyme Oil
Thymus vulgaris



Laurel Leaf Oil
Laurus nobilis

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Need some help or more information? Please contact our ingredient experts for customised recommendations based on your objectives. sales@naproducts.com

SAFETY FIRST

Essentials oils can be 50-100x more concentrated than natural levels in the plant. Take caution and always mind best practices when using oils. If applying topically, they should be diluted into a carrier oil and ONLY IF they are recommended for ingestion or inhalation, be sure to follow recommended dosage.

EXTERNAL RECOMMENDATIONS

Essential oil:

Several drops rubbed into the skin. (This may be diluted at 30 ml essential oil to 500 ml of a suitable carrier such as vegetable oil.)

Ointment:

Semi-solid preparation containing 5-20% essential oil (in carrier oils, creams, or lotions) for local application. (Salve)

Tincture:

Aqueous-alcoholic preparation containing 5-10% essential oil for local application.

Inhalant:

Add a few (2-5) drops of essential oil to hot water or to a vaporizer; deeply inhale the steam vapor.

Many of our conventional oils and products are also available in Organic form. Those that are Organic are certified by the USDA and Oregon Tilth. Please contact us for more information on our Organic products.



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DISCLAIMER

We always aim to source high quality ingredients and have a large range of respected suppliers from around the world. This list is a guide only, correct at the time of publication. If you are after an oil not on our list, please contact us and we can see if we can source it for you. As products are plant sourced and natural, availability is reliant on many factors outside our control. Despite our best efforts, we cannot guarantee the availability of any of our products at any given time. The use of the products listed in this document is to be considered as a guide only and further advice should be sought from your formulating chemist and/or health practitioner.

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