

How To Relieve Allergy Symptoms With Essential Oils

Allergies are a major bummer that can cause anything from rashes and itchiness to respiratory and digestive problems. They make you miserable and keep you from performing at your best. One way to treat allergy symptoms is through the use of essential oils, a natural therapeutic method known and used for centuries.

Here Is a List of Tips on How To Relieve Allergy Symptoms With Essential Oils:

Tip 1: Lavender Oil

Lavender oil works well as an organic antihistamine to soothe skin rashes. It can also be used to relieve headaches. Not only does it relieve the pain, but it smells great, too. All you have to do is dab some on the rash three times a day. For headache relief, place a drop of lavender oil on your cheeks, forehead, and sinuses.

In most cases, undiluted lavender oil can be safe to use, but some people's skin is so sensitive, they require a carrier oil such as coconut oil or almond oil. Mix 1 drop of lavender oil to 1 teaspoon carrier oil.

Tip 2: Peppermint Oil

Peppermint oil has a strong, minty aroma that soothes allergies, especially ones related to digestive or respiratory issues. It eases breathing and treats congestion. For digestive problems, add a drop of peppermint oil into a cup of tea or water.

To relieve sinus congestion, add 1 drop of peppermint oil to 1 teaspoon carrier oil and apply near your nostrils. (Don't put peppermint oil inside the nostrils. It will burn sensitive tissue.)

Tip 3: Lemon Oil

Lemon oil works as an antihistamine and a congestion reliever all at once. It's most potent when combined with lavender and peppermint, which will be explained later.

Tip 4: Eucalyptus Oil

Eucalyptus oil treats seasonal allergies and asthma attacks. First, dilute the oil in a carrier oil (1 drop of essential oil to 1 teaspoon of your carrier oil), then apply to neck, chest, or feet. If you prefer to breathe it in, mix a few drops in hot water, drape a towel over your head, and inhale the steam.

Tip 5: Roman Chamomile Oil

Roman Chamomile oil works well to soothe rashes and other skin conditions. All you have to do is dilute it in a carrier oil and apply to the affected area 2 to 3 times a day.

Depending on the area of application, you may have to change your mixing ratios. For example, in more sensitive skin areas it is recommended to dilute 1 drop of Roman Chamomile in 1 teaspoon of carrier oil. For less sensitive areas, dilute 2 drops of Roman Chamomile in 1 teaspoon of carrier oil.

Tip 6: Lemon, Peppermint, and Lavender Oils

As mentioned earlier, lemon is at its strongest when mixed with peppermint and lavender. Together, they soothe inflammation and other pain that results from allergic

reactions. One way to use them is to mix all three in a glass of water and gargle a few minutes before swallowing. (Make sure the oils can be safely ingested first before doing this.) Another way is to add them to a teaspoon of honey and swallow for faster relief.

To use on the skin, mix 3 drops of lavender, 3 drops of peppermint, and 3 drops of lemon oil with 2 teaspoons of your chosen carrier oil. If this mixture is still too potent for you, add more teaspoons of carrier oil in increments of one until you are satisfied with the consistency. Some people are more sensitive to oils than others.

Conclusion

Now that you know the variety of ways to treat your allergies with essential oils, give them a try. To learn more about essential oils, subscribe for email updates at Essential Oil Advocate and get 2 free audiobooks on essential oils and aromatherapy.

Recommended Reading:

- *Heal Cavities, Gum Disease, Naturally with Organic Oral Care – Toothpaste recipes included*
- *How I Replaced Medications With Essential Oils*
- *Essential Defense: Aromatherapy for the 21st Century*

Sources:

- *Top 5 Essential Oils For Allergy Relief – Healthy and Natural World*
- *Top 10 Uses for Peppermint Essential Oil – Healthy and Natural World*
- *Properly Diluting Essential Oils – Warning about EOs.com*