

Aromatherapy to the Rescue this Summer!

Nature provides us with many challenges over the summer; bugs, heat, sun burn, hay fever and more. Thankfully, nature also provides some wonderful remedies for the problems that summertime brings. Aromatherapy essential oils are natural, non-toxic and a great addition to your summer first aid kit. Here are our top tips for summer aromatherapy fixes.

Bug Repellent 101

They are the bane of the summer months – as soon as you get the barbecue out, or sit by the pool, you're dive-bombed by mosquitoes, wasps and other bugs that ruin your sun-time. Commercial bug repellents are effective but can be unkind to the environment. So if you feel unfairly plagued by flying insects, just take some of these aromatherapy super heroes with you and keep them off!

Mosquitoes: They hate the smell of citronella, which is available in garden candles that can be burned outside at key mozzie times. Other aromatherapy oils they hate include peppermint, lemon,

eucalyptus, basil, clove, thyme, lemongrass, geranium, and lavender; make up a spray or burn a combination of your favourites in a vaporizer and watch the pests fly away...

Fleas – these can be more prevalent in hot weather, and hate cedarwood, citronella, eucalyptus, tea tree, lemongrass, lavender, orange, and pine.

Ticks: If you're in an area that's known for these unpleasant critters, keep them at bay with rose geranium, juniper, rosewood, thyme, grapefruit, and oregano.

Sunburn Soothers

Lavender is your friend - lavender essential oil is a great healer as well as a bug repellent, so always carry some with you. For sunburn, you can use lavender oil topically to soothe the burns and minimize scarring. If you do get bitten by something nasty, lavender is a general skin-soother and unlike many essential oils it's safe to use neat. Sandalwood also works on sun burn, it helps to reduce skin puffiness and soothe soreness. Massage some diluted sandalwood oil into the skin if the sun has caught you out, and inhale it at the same time, as it can deepen and relax your breath.

Cooling Oils for Sticky Days...

Some days the heat can feel a little oppressive and you just want to cool down – an instant cool down and relax essential oil is peppermint. Apply a tiny dab of peppermint oil on the back of your neck and not only will it instantly cool you off, it will help to keep bugs away and stop any itching from existing bug bites. Chamomile is also helpful, as it's a cooling and anti-inflammatory oil that can also be used directly on your skin.

Allergies Be Gone!

Chamomile is super helpful with allergies, as is peppermint. If you are feeling stuffed up with summer colds or hay fever, a deep inhalation of peppermint oil helps you to breathe easy, while chamomile has antihistamine properties that will calm the allergic reaction.

Fluid Retention

Flying, walking a lot, and even just being too hot can all lead to retained fluid over the summer months. A massage with geranium oil can really help to boost lymphatic flow, and shift excess fluids trapped in body tissue, especially the type those that you get after flying.