

Title:

Aromatherapy Travel Insurance - Essential Oils For Your Journeys

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1220

Summary:

Going on a trip is usually thought of as a wonderful experience, one that you and your family

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aromatherapy,travel,essential oils,wellness,alternative,health

Article Body:

Going on a trip is usually thought of as a wonderful experience, one that you and your family

Motion sickness, bug bites, digestive difficulties, and general travel weariness - to name a few.

Peppermint and Ginger Essential Oils - Tummy Troubles and Clearing the Head

We'll begin with 'getting there' - any trip starts with traveling. By car, boat, plane, or other

Peppermint has long been used to calm uneasy stomachs, and is easily used. One drop (it is strong)

Ginger essential oil is also known for its calming of upset stomachs - a little inhaled from

Peppermint can also be uplifting to the weary driver or passenger - a drop or two placed on tissue

Lavender Oil - the Great Soother

Lavender has been called 'a medicine chest in a bottle' due to its wide range of effects. The

Plus Thyme, Tea Tree and Eucalyptus - Cleansing and Keeping Bugs and Bites at Bay

Lavender essential oil is also an effective wound-healer because of its anti-inflammatory, mild

Lavender is very useful for treating bites and stings - just place a little 'neat' (undiluted)

Lavender can be used in combination with Geranium, Chamomile, Peppermint and Eucalyptus oils in

To get yourself into the swing of local time, relax and be ready for bed with equal parts of L

Lemon Oil - the Purifier

Lemon also has some wonderfully diverse uses. It is effective as an antibacterial, but not so

Eucalyptus Oil - For Keeping Cool and Cold Relief

Eucalyptus - the Narrow Leaf variety is a favorite - has a great range of uses as well. It can

Eucalyptus oil can be used like peppermint to uplift and invigorate during long intervals in a

Eucalyptus oil may be blended with Geranium as a massage oil (3 drops Eucalyptus and 2 drops G

These are just a few examples of ways to make your travel experiences more enjoyable with arom

These essential oils are readily available, and fairly inexpensive - though caution should be

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