



HIGHLY EFFECTIVE

ESSENTIAL OILS

FOR ALLERGIES



ELEVAYS
ESSENTIAL OILS
EXPERIENCE MORE

Disclaimer:

This presentation is for educational purposes only. Please contact your health provider before utilizing any of the products mentioned.

Overview

- 01 What are Seasonal Allergies
- 02 How Essential Oils Fight Allergies
- 03 Top 5 Oils for Allergies
- 04 How to Use Essential Oils for Allergies
- 05 Possible Risks/Side Effects
- 06 Additional Supplements & Treatments



Allergies

- When the body's immune system becomes sensitized and overreacts to something in the environment.
- When left untreated, allergies can cause blocked and runny nose, sneezing, watery eyes, headaches and an impaired sense of smell
- For some people, allergies can be life threatening, leading to inflammation and shortness of breath.

Side effects of Prescription

Antihistamines:

- Can cause drowsiness
- Can increase high blood pressure
- Can increase heart rate
- Can dry out your mucous membranes
- Can cause dry nose or nosebleeds

Top 5 Essential Oils for Allergies

1. Peppermint Oil



Peppermint Oil: Benefits

- Inhaling diffused peppermint oil can unclog the sinuses and offer relief to scratchy throats.
- Peppermint acts as an expectorant and provides relief for allergies, as well as colds, coughs, sinusitis, asthma and bronchitis.
- It has the power to discharge phlegm and reduce inflammation — a leading cause of allergic reactions.



Peppermint Oil: Remedies

- Diffuse five drops and inhale
- To reduce inflammation, take 1-2 drops internally once a day.
- add to a glass of water, cup of tea or smoothie.
- Apply topically to the chest, back of neck and temples
- **Warning:** sensitive skin: dilute with coconut or jojoba oil



2. Basil Oil



Basil Oil: Benefits

- Reduces the inflammatory response of allergens
- Supports the adrenal glands
- Helps to detoxify the body of bacteria and viruses
- Fights inflammation, pain and fatigue
- Has antimicrobial activity and can kill bacteria, yeast and mold



Basil Oil: Remedies

- **For inflammation:** Take one drop of basil oil internally by adding it to soup, salad dressing or any other dish.
- **Respiratory Support:** dilute 2–3 drops of basil oil with equal parts coconut oil and apply topically to the chest, back of neck and temples.



3. Eucalyptus Oil



Eucalyptus Oil: Benefits

- Opens up the lungs and sinuses
- Has analgesic and anti-inflammatory effects
- Works as an expectorant, helping to cleanse the body of toxins and harmful microorganisms that are acting as allergens
- Effective treatment for upper respiratory tract infections



Eucalyptus Oil: Remedies

- Diffuse five drops of eucalyptus or apply it topically to the chest and temples.
- To clear the nasal passages and relieve congestion: pour a cup of boiling water into a bowl and add 1–2 drops of eucalyptus essential oil. Then place a towel over your head and inhale deeply for 5–10 minutes.



4. Lemon Oil



Lemon Oil: Benefits

- Supports lymphatic system drainage and respiratory conditions
- Inhibits the growth of bacteria and boosts the immune system
- When diffused at home, can kill bacteria and eliminate allergy triggers in the air
- Adding 1–2 drops to water also helps with pH balance
- Improves immune function and detoxifies the body
- It stimulates the liver and flushes out toxins
- Stimulates white blood cell production
- Disinfects surfaces



Lemon Oil: Remedies

- Add lemon oil to your laundry detergent
- mix a couple of drops with water and spray it on your couches, sheets, curtains and carpets



5. Tea Tree Oil



Tea Tree Oil: Benefits



- Destroys airborne pathogens that cause allergies
- Diffusing it kills mold, bacteria and fungi
- Is an antiseptic agent and it has anti-inflammatory properties
- Can be applied to the skin to kill bacteria and microorganisms
- Can be used as a household cleaner to disinfect and eliminate allergens
- Exhibits antimicrobial activity against a wide range of bacteria, yeasts and fungi

Tea Tree Oil: Remedies

- Use on skin rashes and hives or as a household cleaner
- When using topically, add 2–3 drops to a clean cotton ball and gently apply to the area of concern
- For people with sensitive skin, dilute tea tree with a carrier oil first, like coconut or jojoba oil



How to Use Essential Oils for Allergies

- **Seasonal Allergies** — Disinfect your home with lemon and tea tree oil;
- Add 40 drops of lemon oil and 20 drops of tea tree oil to a 16-ounce spray bottle. Fill the bottle with pure water and a little bit of white vinegar and spray the mixture on any area in your home.
- **Allergy Blend** — Combine 2–3 drops of peppermint, eucalyptus and lavender oil with one teaspoon of coconut oil and massage the mixture into the temples, behind the ears and into the bottoms of the feet.

Possible Side Effects

- Do not take tea tree oil internally; it's best to use tea tree aromatically or topically
- Oils should be diluted with a carrier oil, on sensitive skin or one sensitive areas
- A little goes a long way
- Only consume 1-2 drops a day for one month

Supplements for Allergy Relief

- Butterbur
- Stinging Nettle
- NAC (N-acetylcysteine)
- Quercetin

Other Allergy Relief Ideas:

- Nasal irrigation
- Eliminate Diet
- Intermittent fasting
- Increase your vitamin D
- Change your air filters

- blocked and/or runny nose
- sneezing
- watery eyes
- hives/itching

- impaired sense of smell
- inflammation
- shortness of breath

Today, 40 to 60 million Americans are affected by allergic rhinitis and the number continues to grow, especially in children.



5 Essential Oils to Treat Allergic Symptoms



Peppermint Oil

Studies show that peppermint oil acts as an expectorant and provides relief for allergies, as well as colds, coughs, sinusitis, asthma and bronchitis, sport.

Remedy

Diffuse 5 drops of peppermint essential oil. To reduce inflammation, take 1-2 drops of pure peppermint essential oil internally once a day. It can be added to a glass of water, cup of tea or smoothie.



Basil Oil

Basil essential oil reduces the inflammatory response of allergens, supports the adrenal glands and helps to detoxify the body of bacteria and viruses.

Remedy

Take 1 drop of basil oil internally by adding it to soup, salad dressing or any other dish. To support the respiratory system, dilute 2-3 drops of basil oil with equal parts coconut oil and apply topically to the chest, back of neck and temples.



Eucalyptus Oil

Eucalyptus oil opens up the lungs and sinuses, thereby improving circulation and reducing symptoms of allergies.

Remedy

Diffuse 5 drops of eucalyptus at home or apply it topically to the chest and temples. To clear the nasal passages and relieve congestion, pour a cup of boiling water into a bowl and add 1-2 drops of eucalyptus essential oil. Then place a towel over your head and inhale deeply for 5-10 minutes.

Lemon Oil

Lemon oil supports lymphatic system drainage and helps with overcoming respiratory conditions.



Lemon Oil

Lemon oil supports lymphatic system drainage and helps with overcoming respiratory conditions.



Remedy

Add lemon oil to your laundry detergent, mix a couple of drops with water and spray it on your couches, sheets, curtains and carpets.



Tea Tree Oil

This powerful oil can destroy airborne pathogens that cause allergies. It's also an antiseptic agent and it has anti-inflammatory properties.

Remedy

Use tea tree oil on skin rashes and hives, or as a household cleaner. When using tea tree topically, add 2-3 drops to a clean cotton ball and gently apply to the area of concern.

How to Use Multiple Essential Oils for Allergies

Food Allergies

Take 5-2 drops of lemon or peppermint oil internally to relieve the symptoms of a food allergy.

Skin Rash & Hives

Use tea tree or basil oil topically to treat skin rashes and hives. Add 2-3 drops to a cotton ball and apply to the affected area.

Seasonal Allergies

Add 40 drops of lemon oil and 20 drops of tea tree oil to a 10-ounce spray bottle. Fill the bottle with pure water and a little bit of white vinegar and spray the mixture on any area in your home.

Allergy Blend

Combine 2-3 drops of peppermint, eucalyptus and lavender oil with one teaspoon of coconut oil and massage the mixture into the temples, behind the ears and into the bottoms of the feet.

Oil	SPECIES			CONCENTRATION (%)			USE (OTHER THAN FOOD)	
	ALIPHATIC	AROMATIC	TERPENE	ALIPHATIC	AROMATIC	TERPENE	YES	NO
Beef (Cuminum seed)	A	T	I			D		N
Bergamot (Citrus bergamia)	A	T	I		S		Y	
Birch (Betula bark)	A	T				D		N
Black Pepper (Piper nigrum)	A	T				D		N
Cardamom (Elettaria cardamomum)	A	T				D		N
Cassia (Cinnamomum cassia)	A	T	I	P				N
Cedarwood (Cedrus atlantica)	A	T				D		N
Cloves (Coriandrum alliatum)	A	T	I	P			Y	
Cinnamon Bark (Cinnamomum verum)	A	T	I		S			N
Citronella (Cymbopogon nardus)	A	T				D		N
Citrus Sage (Salvia citriodora)	A	T		P				N
Citrus (Eugenia caryophyllata)	A	T	I			D		N
Coriander (Coriandrum sativum)	A	T	I		S		Y	
Coriander (Cuminum seed)	A	T	I	P				N
Cypress (Cupressus sempervirens)	A	T		P				N
Eucalyptus (Eucalyptus radiata)	A	T			S			N
Fennel (Foeniculum vulgare)	A	T	I			D		N
Fi Weed (Aster bellidifolius)	A	T	I			D	Y	
Frankincense (Boswellia thurifera)	A	T	I	P			Y	
Geranium (Pelargonium graveolens)	A	T	I		S			N
Geraniol (Zingiber officinale)	A	T	I		S		Y	

Holy Basil (Ocimum sanctum)	A	T	I	P			Y	
Hyssop (Hyssopus officinalis)	A	T	I	P				N
Jasmine (Jasminum grandiflorum)	A	T	I	P				N
Juniper Berry (Juniperus communis)	A	T	I		S		Y	
Lavender (Lavandula angustifolia)	A	T	I	P			Y	
Lebanon (Citrus limon)	A	T	I	P			Y	
Lemongrass (Cymbopogon flexuosus)	A	T	I		S			N
Lime (Citrus aurantifolia)	A	T	I		S		Y	
Marula (Lepidospermum marula)	A	T	I	P				N
Malpate (Origanum onites)	A	T	I			D		N
Manuka or Tea Tree (Melaleuca alternifolia)	A	T		P				N
Melissa (Melissa officinalis)	A	T	I		S			N
Mint (Mentha piperita)	A	T	I			D		N
Orange (Citrus aurantium)	A	T	I		S		Y	
Oregano (Origanum vulgare)	A	T	I			D		N
Peppercorn (Piper nigrum)	A	T	I	P			Y	
Peppermint (Mentha piperita)	A	T	I	P			Y	
Rose (Rosa damascena)	A	T	I	P				N
Rose (Rosa damascena)	A	T		P				N
Rosemary (Rosmarinus officinalis)	A	T	I	P				N
Sandalwood (Santalum album)	A	T	I		S		Y	
Sandalwood (Santalum album)	A	T	I	P				N
Sage (Salvia officinalis)	A	T	I	P				N
Turnip (Cucumis triglochin)	A	T	I			D	Y	
Valerian (Valeriana officinalis)	A	T	I		S		Y	
White Sage (Salvia leucantha)	A	T				D		N
Ylang Ylang (Cananga odorata)	A	T	I	P			Y	

THANK YOU



Sources

<https://draxe.com/essential-oils/essential-oils-for-allergies/>

<https://draxe.com/essential-oils/essential-oil-safety/>

<https://youtu.be/AVZbx7Eh1Ic>