



## How to do and Inhalation

Most of you remember your mother helping you with an inhalation when you were a child. Well they are really helpful. The steam carries the oils into the mouth, throat and nasal passage. We aim to use immune boosting and anti-viral oils, which will help boost your natural immune system and help to reduce your viral load. Use a solid ceramic bowl, rather than a stainless steel and definitely not glass bowl, just to give you some protection from the hot water.

- Have a towel ready to place over your head.
- Pour 500mls of very hot water into the bowl (not boiling).
- Use 8 drops, of a single oil, or a total of 8 drops of a combination of oils. Drop into the hot water.
- Place a towel over your head so you can capture the steam.
- Breath the steam through the mouth and nose.
- You can do this for around 15 minuets at a time, coming up for breath as you require.

### Safe Oils

- Tea Tree; anti-viral
- Frankincense; anti-viral
- Lavender; Immune boosting

### Caution

Not suitable for children under 12, and please only repeat 3-4 per week.

