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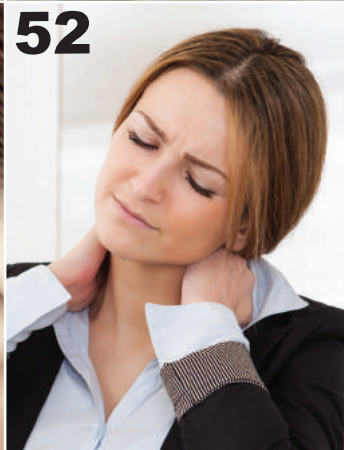
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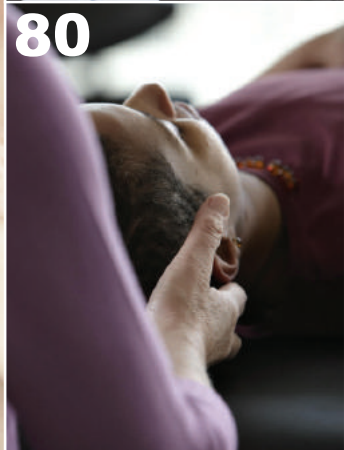
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# Aromatherapy

## and the common cold

The common cold (also known as nasopharyngitis, acute viral rhinopharyngitis, acute coryza, or a cold) is a viral infectious disease of the upper respiratory system caused primarily by rhinoviruses and coronaviruses.



**T**he virus enters the body through the air and it takes about 10 days for the symptoms of the cold to manifest. The onset of a cold can produce a number of common symptoms such as sneezing, cough, sore throat, runny nose, headache, fuzzy head, gastric congestion, feeling sluggish, tired and aching joints. This may be accompanied with feeling cold or hot or even fluctuations of temperature. When the symptoms are extreme a person can experience varying degrees of discomfort.

### There are several factors that can contribute to catching a cold:

- 🕒 Pollutants such as the cold or influenza virus present in the air
- 🕒 Going out when your hair is partially wet and the air is cold or damp
- 🕒 Weakened immune system (lymphatic system)
- 🕒 Hand-to-hand contact or handling objects contaminated with the cold or flu virus
- 🕒 Toxicity in the digestive tract
- 🕒 Weather conditions such as damp, windy or cold weather (you may experience joint pain, your head may feel fuzzy or you may get headaches).

### The immune system

The immune system, which is the lymphatic system, is a network of tiny vessels found in all parts of the body except the brain. It acts as the body's defence mechanism carrying white blood vessels called lymphocytes that travel throughout





its circuit permeating with the circulatory system to destroy infectious organisms that enter the body. The lymphatic system also carries waste products and toxins out of the body through the large intestine and excretory organs. A healthy diet helps to build an effective and healthy immune system to fight infectious viruses that enter our bodies.

### How can aromatherapy help?

Aromatherapy can help some of the problems associated with the lymphatic system. Some essential oils have anti-bacterial and anti-viral properties, and when correctly blended can be used in an inhalation or massage to aid lymphatic drainage. To receive the therapeutic benefits of the essential oils, an aromatherapist should use pure or organic essential oils, and know which oils to select for the symptoms.

To help with the common cold the International Federation of Aromatherapists recommend inhalations with a blend of two essential oils (two drops of one essential oil and one drop of another) placed in a bowl of hot water. You should inhale these vapours for five to seven minutes and repeat this process three times a day for two days. Then reduce the dose to inhale two times per day for the next two days, followed by one inhalation for a further week.

Another way is to place the essential oils in the bath and immerse in it for seven minutes. It is recommended that you rest for at least two days in bed or until the symptoms clear.

We recommend an aromatherapy treatment after three days of the onset of the cold when it is less contagious, which will aid lymphatic drainage.

If the cold persists over a period of more than 10 days then you may need to consult your doctor.

### Essential oils recommended for inhalations

**Sore throat:** two to three drops of thyme (*Thymus vulgaris* C.T. *thymol*). Good for bronchopulmonary issues it is known for its immunostimulant properties. It is good for treating colds, coughs, and sore throats.

**Nasal congestion:** two drops of cinnamon leaf, (*Cinnamomum zeylanicum*), known for its antiseptic properties and good for the digestive system, blended with one drop of niaouli (*Melaleuca viridiflora*) known for its antiseptic and bactericide properties.

**Catarrh:** two drops of eucalyptus (*Eucalyptus radiata*), known for its anti-viral, anti-bacterial and anti-inflammatory properties, blended with one drop of Cypress (*Cupressus sempervirens*) known for its antiseptic and antispasmodic properties.

**Fuzzy head:** one drop of peppermint (*Mentha piperita*) known for its antiseptic and analgesic properties.

**Feeling low:** two drops of sweet orange, (*Citrus sinensis*) known as an uplifting oil.



SI Academy offers the best in training and development for the complementary therapist in the fields of Aromatherapy, Massage, and Product-making.

In May 2014 we will be running the IFA-accredited Professional Essential Oil Therapist (PEOT) course, leading to the PEOT diploma qualification and IFA membership.

Dinesh Kotecha is an aromatherapist (for 12 years). He is a principal teacher, examiner and past Chair for the IFA. Kalpna Kotecha is a cosmetic scientist and is responsible for developing the Spa Isha product range. They will teach this course, including product-making, between them.

If you are interested in the PEOT course or any other training opportunities with Spa Isha, please contact Dinesh on 07958 769997 in the first instance, or email [dinesh@spaisha.com](mailto:dinesh@spaisha.com)



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### A massage blend

Take 100ml of a carrier oil such as rosehip (*Rosa rubiginosa*) or sesame seed (*Sesamum indicum*) and add 30 drops in total of two essential oils from the above list of recommendations. Blend in a brown or blue bottle to help prevent oxidation of the blend.

An aromatherapist can use the blend for inhalation during the massage treatment to increase the flow of the lymphatic system, which can reduce the duration of the cold.

### Questions the aromatherapist will ask to assess the client's needs from the treatment

- 🕒 Condition of health now and before the cold
- 🕒 Stress levels
- 🕒 Any other ailments
- 🕒 Any allergies
- 🕒 Current medication
- 🕒 Nutritional intake
- 🕒 Emotional issues
- 🕒 Sleep patterns
- 🕒 Digestion – regular or irregular bowels
- 🕒 Are the muscles and joints aching
- 🕒 **Type of person:** slim, overweight, medium, sensitive, hardy, mindful
- 🕒 **Country of origin:** this is for usual weather conditions and types of food eaten in country of origin
- 🕒 Environmental conditions such as response to various weather conditions



### Self-help

- 🕒 Apart from staying in bed and keeping warm, the inhalations are helpful to clear the nasal passages and to combat infection.
- 🕒 Warm baths are helpful as is consuming warm drinks throughout the day to keep the fluids at a good level.
- 🕒 You could massage the soles of your feet and abdominal area and around the neck, chest and upper back with the oil blend.

### The recovery period

Sometimes the symptoms can get worse before they get better. This is because the mucous needs to release through the lymphatic system. This may last a day or two, but soon after you may experience an improvement, and there is a good chance you will make a more speedy recovery. **CHW**

© Pauline Allen - Please contact the International Federation of Aromatherapists for any further information you may require. We have aromatherapists located all over the world and in the UK. If you would like us to do a talk for you at your place of work, please contact us [www.ifaroma.org](http://www.ifaroma.org), Tel: 0208 567 2243, Email: [office@ifaroma.org](mailto:office@ifaroma.org)