



## **Respiratory Synergies**

### **Cough, Primary Oils**

Aromatic spices: black pepper, cardamom, coriander, rosemary, peppermint, spearmint, tulsi, ginger, hyssop, sage, marjoram

Respiratory: eucalyptus,

Relaxant, anti-inflammatory: lavender, geranium

Conifers: spruce, pine, pinon pine, fir, juniper, cedar, cypress

Resins: frankincense, myrrh

Balsamic: sandalwood

Citruses: lemon, mandarin

Other: palo santo, helichrysum

Antimicrobial: tea tree, niaouli, ravensara

### **Possible Synergies**

Equal parts: eucalyptus, frankincense, pinon pine

Add specific expectorants, anti-tussives, mucolytics, anti-inflammatories, antimicrobials as needed (see Respiratory Therapeutics file)

### **Common Cold, Primary Oils**

Respiratory: eucalyptus, laurel

Aromatic spices: basil, cardamom, ginger, rosemary, peppermint, tulsi, black pepper, marjoram

Conifers: spruce, pine, pinon pine, fir, juniper

Antimicrobials: ravensara, tea tree, thyme, oregano, niaouli

Citrus: lemon

Antiinflammatory: lavender, chamomile (Roman), frankincense, lemon balm

### **Possible Synergies**

5 parts eucalyptus, 3 parts tea tree, 3 parts ravensara

Equal parts thyme, lavender, eucalyptus, laurel

Add specific expectorants, anti-tussives, mucolytics, anti-inflammatories, antimicrobials as needed

### **Flu, influenza**

Primary oils:

Aromatic spices: cinnamon, rosemary

Antimicrobials: niaouli, ravensara, , tea tree, thyme, lemongrass, myrtle,

Relaxant, anti-inflammatory: lavender

Respiratory: cypress, eucalyptus, laurel

Cirtus: lemon

Possible Synergy: equal parts rosemary, thyme, ravensara, lavender

### **Bronchitis, Primary Oils**

Respiratory: eucalyptus, laurel, cypress

Aromatic spices: basil, cardamom, cinnamon, tulsi, rosemary, fennel, peppermint, ginger, hyssop

Conifers: spruce, pine, pinon pine, fir, juniper

Antimicrobial: savory, tea tree, niaouli, thyme

Antiinflammatory: chamomile, frankincense, lavender, sandalwood

Citrus: lemon, bergamot

Others: helichrysum

Possible Synergies: equal parts eucalyptus, tulsi, lavender

Equal parts chamomile, eucalyptus, thyme

Add specific expectorants, anti-tussives, mucolytics, anti-inflammatories, antimicrobials as needed

### **Sinusitis, Primary Oils**

Aromatic spices: peppermint, rosemary

Antiinflammatory: chamomile (Roman), frankincense, lavender

Respiratory: eucalyptus

Citruses: lemon

Antimicrobial: niaouli, tea tree, thyme, ravensara

Balsamic: sandalwood

Possible Synergy: equal parts eucalyptus, tea tree, frankincense

### **Asthma, Primary Oils**

Respiratory: eucalyptus, pine

Aromatic spices: rosemary

Relaxant, anti-inflammatory: lavender, clary sage, chamomile (Roman and German), rose

Citrus: neroli

Mucolytic: inula

Antimicrobial: ravensara, frankincense

Possible Synergy: frankincense, lavender, clary sage