



And Breathe...

Respiratory
Wellness and
Allergy Support





Penny Price Academy

Saturday Club
14/02/2026

Factors which can affect the Respiratory System....

There are a many health conditions which can affect our respiratory health (far too many to list them all) so we'll look at some of the more common conditions.

But why is respiratory health so important?

Every function our bodies perform depend on oxygen... every cell, synapse and fibre! So, if our lungs are compromised, the knock on effect will impact all the other functions we ask and expect our amazing bodies to perform.





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Factors which can affect the Respiratory System....

Some of the health condition which affect the respiratory system...

COPD

Asthma

Bronchitis

Allergies, including hayfever

Flu and coughs and colds

Sinusitis

And so many more....





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So.... What actions can we take?

There are plenty of things we can do to improve our respiratory health.

Our oils can help to reduce the limits on the alveoli and tiny blood vessels in our lungs by helping to clear unhealthy mucous and encourage the production of the clean mucous needed to support the transfer of oxygen and carbon monoxide to and from the blood vessels.

So, let look at some expectorant and mucolytic oils and those which offer anti-allergic benefits.





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Expectorant oils





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Niaouli

(*Melaluca viriflora*)

An evergreen tree in the same family as Tea Tree, most oil is produced in Australia. It has a sweet fresh camphoraceous odour.

Alongside the expectorant action, this oil is also analgesic, antiseptic, cicatrisant, and stimulant.

It is also useful to regulate hormone balance and can increase antibodies, boosting the immune system.

Chemically, this is mainly oxides with some esters.

(You won't be surprised that I use this oil with lots of my clients....)





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Benzoin

(*Styrax benzoin*)

Another tropical tree from which the resin is extracted, mainly from Asia, producing an absolute dissolved in a solvent. The aroma is intensely rich, sweet and balsamic.

Its actions are anti-inflammatory, sedative and antiseptic...and expectorant.

Useful in most skin conditions, including eczema and psoriasis, arthritis and poor circulation, as well as many respiratory conditions.

Chemically- mostly esters.

One of the main components of Friars Balsalm.





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Sweet Marjoram

(Origanum majorana)

A perennial herb, native to the Mediterranean, cultivated worldwide, the oil has a warm, woody, spicy-camphorous aroma.

Some of the actions of this oil are analgesic, anti-infectious, calming and neurotonic.

Useful for arthritis, headaches, respiratory infections and sinusitis.

Chemically, alcohols and terpenes.





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Eucalyptus globulus (Blue Gum)

(Eucalyptus globulus)

A tall, evergreen tree native to Australia, now cultivated in Spain, USA, Russia and China.

One of our most recognisable aromas with a somewhat harsh camphorous odour with woody-sweet undertones.

Not just a respiratory oil, as well as expectorant, the eucalyptus oils are also analgesic, antiviral, diuretic and stimulant. Used for skin care, for burns and blisters and as an insect repellent, muscular aches and pains and poor circulation. Chemically, mostly oxides.





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Mucolytic oils





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Frankincense

(*Boswellia carteri*)

A small tree or shrub with white or pale pink flowers, the oil is distilled from the resin or gum collected from the bark. Most resin is produced in Africa and China and distilled in Europe. The oil has a fresh top note with warm balsamic undertones.

Frankincense is anti-inflammatory, antiseptic, cicatrisant and sedative, as well as expectorant and mucolytic.

It is nourishing for dry and mature skin, helpful for some menstrual conditions and calming in anxiety and stress related conditions.

Chemically this oil is mostly Esters and Monoterpenes.





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Peppermint

(*Mentha piperita*)

Originally cultivated in 17th Century England, now grown throughout Europe and worldwide. Mints have been cultivated since ancient times in China and Japan, and there are numerous varieties. The aroma is penetrating, grassy and camphorous.

The actions include analgesic, antispasmodic, astringent, as well as expectorant.

Often used for headaches and neuralgia, also useful for digestive issues, and as an inhalation for coughs and colds.

Chemically- alcohol (menthol) and ketones





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Caraway

(*Carum carvi*)

A biennial herb with finely cut leaves and umbrella-like white flowers, native to Europe now widely cultivated, mainly in the northern hemisphere.

It has a warm, spicy sweet aroma.

Caraway is antihistaminic, antiseptic and carminative, making it useful for digestive issues for example poor appetite and indigestion and coughs and colds.

Mainly Monoterpenes and ketones.

(This oil comes from the same family as Dill, which is a key ingredient in gripe water, often used for colic with babies!)





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Antihistaminic oils





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Hyssop

(*Hyssopus officianalis*)

A woody shrub with lance-like leaves and purplish- blue flowers, native to the Mediterranean region, it has a sweet camporaceous top note with warm spicy undertones.

The actions are astringent, antiseptic, expectorant, sedative, making Hyssop useful for skin conditions such as dermatitis and eczema, to balance blood pressure, anxiety and stress related conditions, as well as asthma, bronchitis, coughs and allergies.

Chemically- Ketones and monoterpenes





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Chamomile German

(*Matricaria recutita*)

This strongly aromatic herb has delicate feathery leaves and simple daisy-like flowers, and is native to Europe, north and west Asia, now cultivated extensively. As well as being useful for allergies, it is also cicatrissant, antispasmodic, digestive and sedative.

The chamomiles are used for skin conditions including inflammation, eczema, and insect bites, also joint inflammation, muscular pain, indigestion, menstrual issues, and headaches. Chemically- sesquiterpenes and alcohols





Thank you for joining us today,

The next Saturday club is on 14th March looking at Aromatherapy for Caregivers; oils to restore and support, and we are also offering a Mini bath salt workshop (£15) after Saturday Club.

(Booking recommended)

