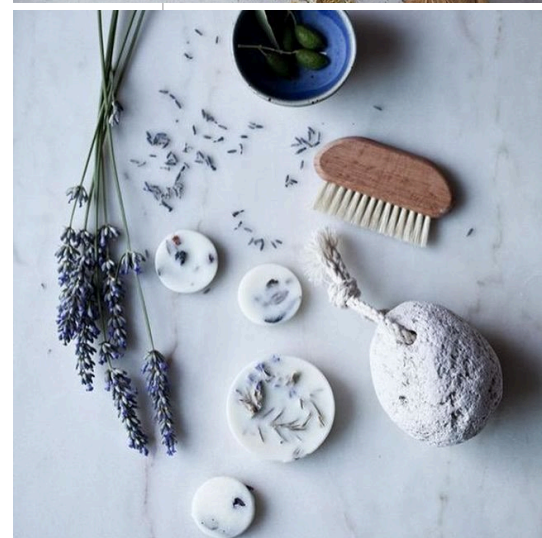




Saturday Club: The Science Of Scent, Easing Cold Symptoms Naturally



What is a cold?

- The common cold, which we all suffer with time to time, is a mild contagious viral infection affecting the upper respiratory tract (nose and throat)
- Symptoms may include a blocked nose, sneezing, a sore throat, a cough and feeling tired
- You may also have a high temperature, aching muscles, a loss of taste and smell and a feeling of pressure in your ears and around your face.





Penny Price Academy

Saturday Club
March 2026

How can essential oils support us through colds?

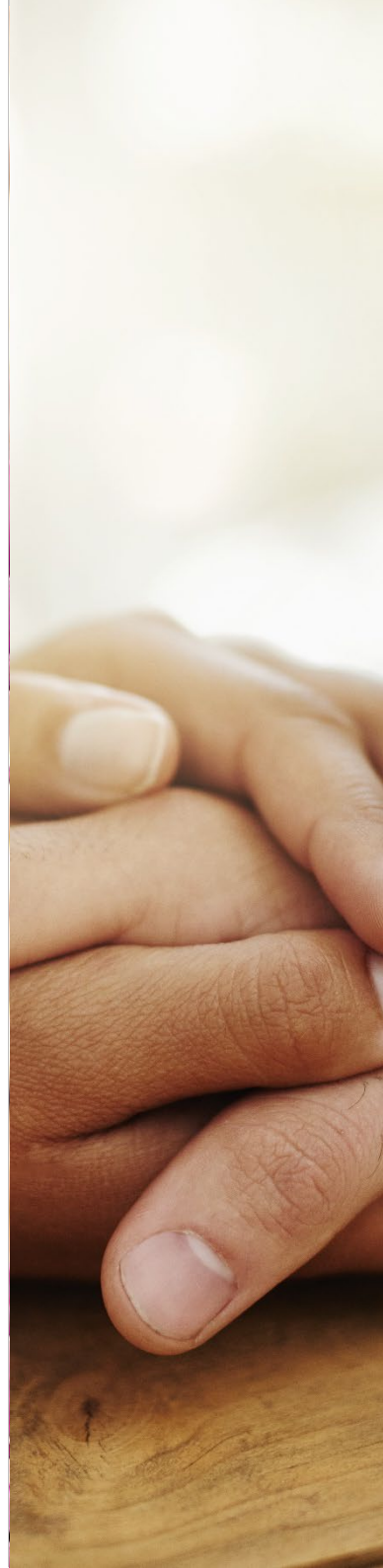
They can boost immunity and help with coughs, colds and chest complaints.

They can encourage sleep when the mind is busy.

They can help with joint and muscle pain.

They can boost mood and energy which may be low as the colder months approach

They can encourage relaxation and calm. They can also help with stress and issues such as loneliness, depression, grief and winter blues.



How can we look after ourselves?

Eating well - making sure that we have all of the right nutrients.

Keeping warm both in the house and by exercising outside.

Sleep well.

Stay hydrated - it is easy not to drink enough water in the colder months.

Take steps to boost your immune system.

Build forms of relaxation into your daily life





What Essential Oils can support us through colds?





Penny Price
Academy of Aromatherapy

Penny Price Academy

Saturday Club
March 2026

Niaouli

Melaleuca viridiflora

- ❖ Niaouli is high in 1,8 cineol which stimulates the immune system as it reduces the inflammatory response
- ❖ Among all of the anti-infective oils, it is probably able to catch the widest spectrum of microbes
- ❖ It also helps to generally strengthen the immune system, it is good for chronic immune deficiency with recurrent infections
- ❖ Prevents or addresses a wide range of upper respiratory infections - it is a decongestant, expectorant and antitussive
- ❖ Particularly recommended for avoiding a cold during an epidemic
- ❖ It is a broad spectrum anti-infective so can help kill viruses, bacteria and fungi



Black Spruce

Picea mariana

- ❖ Research indicates that Black Spruce may stimulate thymus activity, thus stimulating the immune system.
- ❖ It is useful for recurring infections and imbalances and can act as a tonic to the immune system
- ❖ In common with other tree oils Black Spruce can be used in the treatment of respiratory conditions such as catarrhal coughs, bronchitis and asthma, for its mildly expectorant and antitussive properties, it is also a decongestant.
- ❖ Holmes suggests that Black spruce has a deep restorative and systemic revitalizing action' He states that this oil should be selected for chronic weak, congestive bronchial conditions of any kind.



Hyssop

Hyssopus officinalis

- ❖ Anti-viral, antibacterial and antifungal
- ❖ It has a special affinity with the respiratory system.
- ❖ It is rich in rosmarinic acid, a compound that has been found to be strongly anti-inflammatory and therefore good for inflamed airways
- ❖ It liquefies mucus and relieves bronchial spasms.
- ❖ It is effective for treating colds, sore throats, flu, bronchitis and asthma.
- ❖ It is a strong expectorant and antibacterial and is indicated for colds with clear catarrh.
- ❖ Mojay states that it helps to prevent the recurrence of colds and flu, and works to fight infection.



Tea Tree

Melaleuca alternifolia

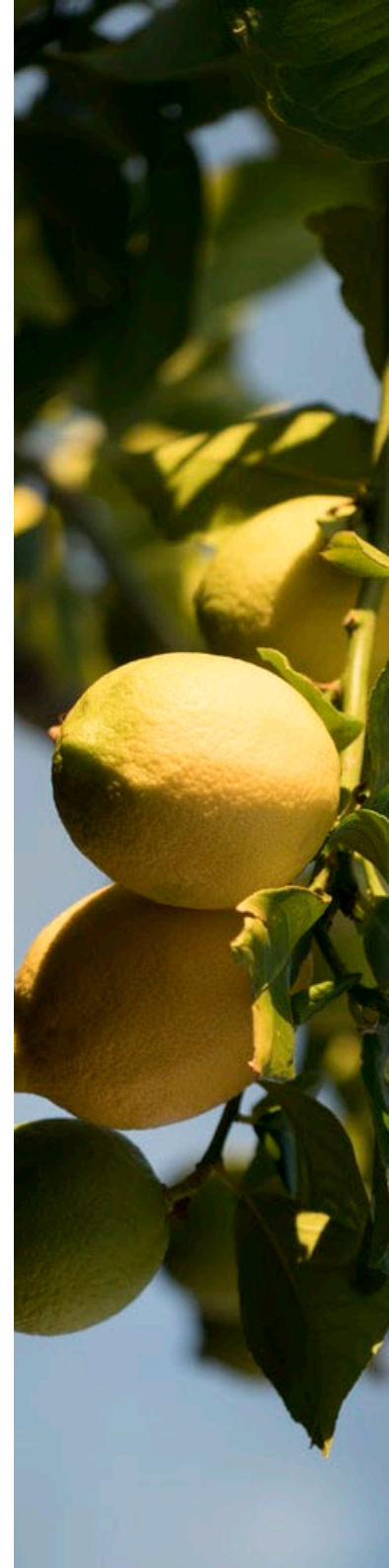
- ❖ Tea tree oil is effective against all three categories of infectious organisms: bacteria, viruses and fungi.
- ❖ It is also one of the most powerful immuno-stimulants.
- ❖ A study published in the British Medical Journal found that tea tree essential oil is “a powerful disinfectant and is non-poisonous and gentle” to the body.
- ❖ It is particularly useful for skin issues such as acne, infected wounds, fungal infections and cold sores
- ❖ It has been shown to shorten the duration of viruses such as flu and chickenpox



Lemon

Citrus limon

- ❖ Lemon oil has the ability to stimulate white blood cells which protect the body against infection.
- ❖ It is a lymphatic decongestant and is indicated for use in a blend to boost the lymphatic system if it is sluggish and the immune system is poor
- ❖ It is useful in the treatment of colds and flu as it is capable of reducing temperature.
- ❖ Antiviral - is indicated for coughs and colds especially where characterised by yellow or green catarrh.
- ❖ An aerial antiseptic making it excellent for airborne viruses and to protect the family against epidemics



Peppermint

Mentha x piperita

- ❖ Anti-inflammatory therefore good for infected airways
- ❖ Mucolytic-They target and dissolve the molecular structures (like protein or DNA links) that make mucus dense. By thinning secretions, they help clear your respiratory passages and relieve congestion.
- ❖ Antiviral - it is recommended at the onset of a cold to alleviate the symptoms
- ❖ Mildly anti bacterial
- ❖ Menthol, peppermint's major constituent is an expectorant and can reduce the discomfort associated with laboured breathing
- ❖ Menthol has also been shown to act as a nasal decongestant
- ❖ Anti-parasitic - in a compress or lotion it can help with skin parasites such as scabies although use with caution as it can be a mild skin irritant



Pine Scotch

Pinus Sylvestris

- ❖ Scotch Pine essential oil has deep historical roots, with evidence of its use dating back to ancient civilizations. The ancient Egyptians, Greeks, and Romans all recognized its therapeutic properties. They used it for its antiseptic, analgesic, and soothing effects. In Native American cultures, pine needles and resin were important components of traditional medicine. They were used to treat respiratory ailments, muscle pain, and skin conditions. As an inhalation it helps asthma, catarrh and blocked sinuses and it is said to be an excellent restorative after long illness.
- ❖ Pine Scotch oil is excellent for respiratory health. Inhaling its vapour can help alleviate symptoms of congestion, coughs, and colds. It is also effective for sinusitis and bronchitis and can help deal with infection of the same.
- ❖ The oil's analgesic properties make it useful for easing muscular and joint pain. It can be blended with carrier oils and used for massage, providing relief from arthritis, sore muscles, and even headaches.
- ❖ To relieve symptoms of muscular and joint pain, Create a soothing massage oil by blending pine essential oil with a carrier oil like Jojoba such as Mustard or Coconut oil. Massage into sore muscles or painful joints twice a day for maximum benefit. Use 2% total oil in the carrier oil.



Frankincense

Boswellia Carteri

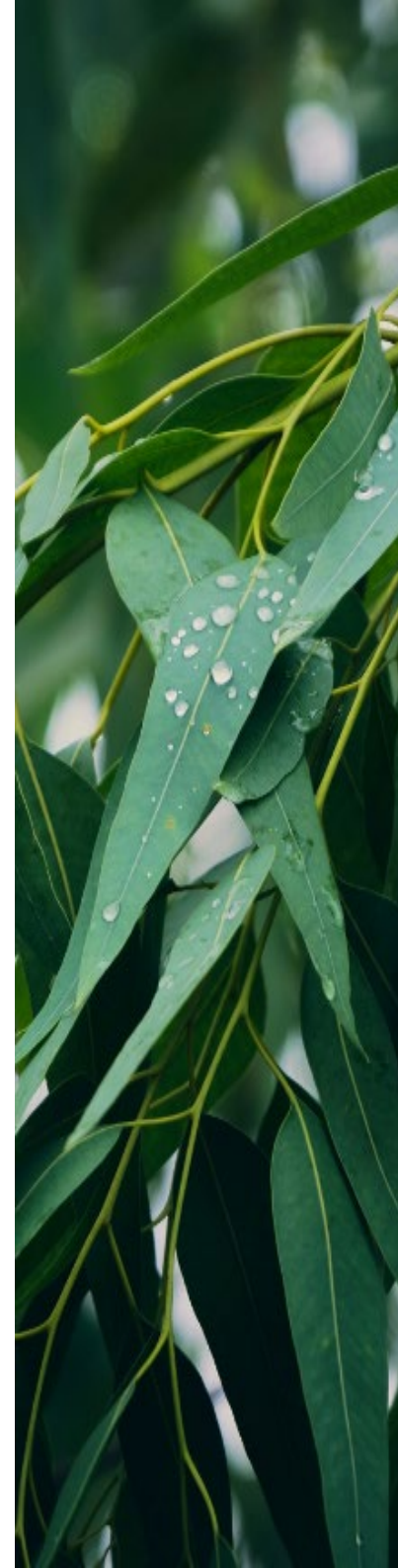
- ❖ Frankincense essential oil is anti-catarhal, anti-depressive, anti-infectious, anti-inflammatory, healing to the skin and immuno-stimulant.
- ❖ Mojay states that Frankincense's most important action is on the nervous system explaining that it can relax yet revitalise making it excellent for treating nervous tension and nervous exhaustion referring to it as an important oil for alleviating depression.
- ❖ Holmes suggests that the sesquiterpenes in Frankincense contribute to the oil's calming actions while the monoterpenes may be the basis for the oil's mental stimulant action.
- ❖ Frankincense is often recommended to quieten the mind and assist meditation, prayer and spiritual practices. Wormwood describes the subtle qualities of frankincense as elevating, spiritual and meditative.



Eucalyptus Staigeriana

Eucalyptus Staigeriana

- ❖ This particular eucalyptus is relatively new to the aromatherapy world and only has documentation of use for the last few years that is distinct from the other eucalyptus trees.
- ❖ This eucalyptus appears to have a profound uplifting effect on the mind and immune system and has been used for treating ME.
- ❖ Anti-infectious, immuno-stimulant, antiseptic, anti-viral, anti-inflammatory, anti-spasmodic, anti-viral, calming and hypotensive.
- ❖ It is particularly calming to the muscular system, calming to the nervous system, lowers blood pressure and helps prevent stress.





Penny Price
Academy of Aromatherapy

Penny Price Academy

Saturday Club
March 2026

Methods of use

- ❖ Diffusing essential oils into the atmosphere to kill airborne microbes - 3-6 drops of essential oils added to a burner or essential oil diffuser
- ❖ Nasal inhalers - for stress relief and also to clear the nose add up to 15 drops of essential oils but remember some can have a strong aroma
- ❖ Baths - to relax, aid sleep and also to help with congestion - 4-7 drops of essential oils in a carrier
- ❖ A chest rub - to clear congestion and fight bacterial infection - 3 drops of essential oils in 5 mls of carrier oil





Penny Price
Academy of Aromatherapy

Penny Price Academy

Saturday Club
March 2026

Recipes to help with colds

Inhalation Recipe for Coughs

10 drops Peppermint Essential Oil

10 drops Lemon Essential Oil

10 drops Hyssop Essential Oil

10 drops Eucalyptus Essential Oil (any)

Mix the essential oils together and pop into a 5ml or 10ml amber glass bottle. Use as an inhalation blend alternatively pop a few drops in a diffuser or on a tissue to inhale throughout the day.

Recipe for Sinus Congestion

50ml Almond, Sunflower or Grapeseed

5 drops Tea Tree Essential Oil

5 drops Peppermint Essential Oil

5 drops Eucalyptus Essential Oil

20 drops Lavender Essential Oil

Immune Support Massage Oil Recipe

50ml Echinacea Carrier Oil

5 Drops of Eucalyptus Essential Oil

5 Drops Lemon Essential Oil

5 Drops Rosemary Essential Oil

5 Drops Tea Tree Essential Oil





Thank you for attending our September
Saturday Club!

Please use code SATSEP10 for 10% off the
following Oils:

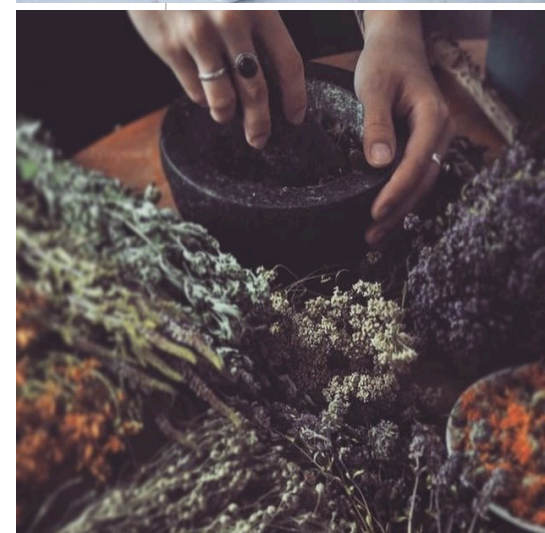
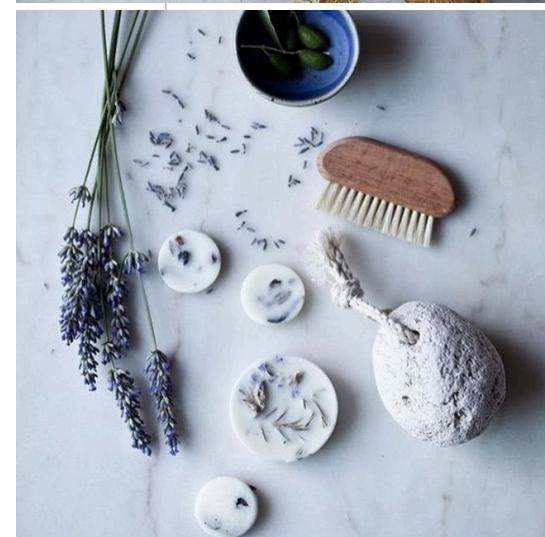
Niaouli

Black Spruce

Hyssop

Tea Tee

Lemon



Valid until 09/10/2026