
Flu Season

Posted by mareika - 2007/10/17 18:32

One of the first flu prevention tips I was ever taught was aromatherapy. There are several oils (such as tea tree or lavender) that will act as an airborne antiseptic.

They help to reduce the spread of germs when used in a warmer to make the oils vaporise. I can't think of a better way of reducing my chances of getting the flu.

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Re:Flu Season

Posted by psychicmalc - 2007/10/21 03:27

I use tea tree or lavender a lot, I also take lots of vit C... My favourite method for this is to make lots of juices

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