

I am so grateful you have accepted this guide to Naturally Healthy and Happy Travels! I am so passionate about teaching and empowering others especially families and those who share the love of travel, about natural ways to boost happiness and wellness on the road.

I got started using essential oils a couple of years ago. I have always been one to gravitate towards products that are more natural, and when I became a Mom that pull became even more intense. Having stewardship over the people I love left me feeling the weighted responsibility I had to take care of everyone. It's overwhelming at times to think that the decisions you make, even something simple like what food to prepare and buy can directly impact the ones you love! Essential oils filled that void for me and decreased the anxiety I had over taking care of my family. We use them in every aspect of our lives and have seen some tremendous changes in our household.

One of my favorite ways to use them is to benefit our lives while traveling. I remember being in a hotel room not too long ago, I was sharing my bed with my three year old, my husband was sleeping with the four year old, the baby was in the crib, and my 6 year old was in a sleeping bag on the floor. Everyone was sound asleep and the only light was from the glowing diffuser in the room. In it was the protective blend and the breathe blend and I had this overwhelming feeling of gratitude and peace. I was grateful for being in a room with everyone I love, and grateful that we were being taken care of and had these beautiful oils to bless our health and wellness.

If this resonates with you, I would love to chat with you about it. I'd be honored to share with you more about essential oils, what they are and why they are so powerful, and how to get them in your home. Check out my website [www.get-essential-oils.com](http://www.get-essential-oils.com) Please feel free to email me [theoilrockstar@gmail.com](mailto:theoilrockstar@gmail.com), or call or text me at 865-229-4220.

Here I have compiled some great tips and tricks for staying healthy on the road (or skies!). These are tried and true recipes that I use when traveling to keep our immune system rocking so those bugs won't come a knocking!

6 must have essential oils to pack when traveling

Lavender: Perfect for sunburns, bug bites, relieve anxious feelings, promote a restful night's sleep in a new place.

Peppermint: Great for relief of occasional head tension, keep your energy up while traveling or give a boost after a long flight or keep awake on a long road trip, great for occasional nausea associated with motion

Melaleuca (or Tea Tree oil): Great for immune support but fantastic to have onhand for soothing distressed ears. A drop of melaleuca and lavender on the mastoid bone can give relief to occasional pain sometimes associated with traveling. A drop of melaleuca on a cotton ball that is then placed in the ear can also give comfort.

Breathe or Respiratory Blend: This blend is amazing at promoting clear and open airways. Perfect for air travel or diffusing at night in a stuffy hotel room.

OnGuard or Protective Blend: Keep your immune systems at high alert and promote a healthy functioning immune system while traveling. This is a must! Dilute with coconut oil and rub on kid's feet and spine before getting to the airport, at night, or diffuse in your hotel room and everyone will benefit! We love to make homemade hand sanitizer using OnGuard using aloe vera.

There are so many other great oils and blends to travel with and truth be told I travel with at least 10-15 oils at all times. It really gives me such great peace of mind! And depending on the specific needs of the trip we are taking, like bug spray, or if we are traveling abroad, it changes which oils I will take with me.

Here are some great recipes and other products that can help with certain needs while traveling:

Allergies or seasonal respiratory relief: Lemon, lavender peppermint. You can make a roller bottle with these diluted with coconut oil if you have a little that tends to need this combination. Roll on chest and feet for almost immediate, no side effects (groggy much?), relief. Diffuse in your hotel room or for adults you can use the same way and/or put a drop of each in a capsule or purchase the already filled soft gels (called TriEase) and take internally.

Upset stomach/Occasional Nausea/Anything Digestive: One of the best parts of traveling is certainly trying the local cuisine. But as we know that can do a number on tummies especially ones that tend to be more sensitive. I love to pack along with me the digestive blend DigestZen. Dilute with coconut oil and rub directly on the stomach or on the feet (especially for kids) or adults add a drop to a little shot of water and take internally for fast and natural relief.

Combatting Jet Lag: If you have access to a blender, green smoothies are great for this. My favorite smoothie blend for jet lag is 1 banana, two big handfuls of spinach, frozen mango and pineapple chunks, water and ice. Give it a good blend and enjoy a healthy treat. Using oils: bergamot, lavender and grapefruit\* are amazing for this. Inhale from the bottle or apply a few drops of each to the back of your neck (\*avoid sunlight). You will feel so refreshed.

Dealing with bugs: This is a big issue with traveling right now. Bug spray is so important to pack with you. But if you are like me, you absolutely cringe at spraying yourself with pure poison let alone your children! After our recent trip to the MidWest where we spent some serious time outside in the mosquito capitol of the world (Northern Minnesota) I am in love with the new TerraShield outdoor blend by doTERRA (it even comes in a pre-diluted spray!!!). Not one single bug bite on me or my kids! I was blown away!

Calming fussy babies on airplanes: The number one thing I get asked constantly is by worried new mothers taking their babies on an airplane for the first time. They are concerned their baby will cry and upset other passengers. Yes, this is likely to happen. Babies cry because that's their way to communicate and passengers get upset because traveling is stressful. Of course it's the most stressful for a mom traveling with her baby! This is the peaceful baby blend and is perfect for traveling, promoting calm and relaxed feeling and maybe just maybe it will rub off on other passengers around you! 4 drops Frankincense and 4 drops lavender diluted with fractionated coconut oil in a rollerbottle. Rub on baby's feet before flight.

DIY After Sun Spray: Of course a great vacation usually calls for some sun therapy! But many of us have fallen victim to the occasional sun burn. Here is a great recipe for some relief. equal parts lavender, melaleuca and peppermint (depending on size of bottle but usually 10 drops each) fill with water and spray affected areas. For even more cooling store bottle in the fridge or cooler!

OnGuard Apples: For an easy, tasty and immune boosting snack make some OnGuard apples to bring with you whether on the road or taking to the skies! Cut up an apple and soak emerged in a bowl of water with a couple drops of OnGuard for 20 minutes. Drain and dry (do not rinse!) pack it up and snack! Also great dipping in almond butter with a little bit of cinnamon sprinkled.

Thank you so much for taking the time to read this guide to Naturally Healthy and Happy Travels. I hope you found it useful and informative. I hope you will join me on this essential oil journey. I love to help people get started using essential oils and providing mentoring and support as they learn and grow!