



MUST HAVE TRAVEL KIT HERBAL OILS & SPRAYS



13 tips  
First aid  
kit  
free infobrochure



# MUST HAVE TRAVEL KIT ESSENTIAL OILS



## LAVENDER

Firstly, lavender. When traveling, lavender essential oil is a blessing. It works wonders for restful sleep, relaxation, and even skin problems (such as sunburn, dry skin). Apply a small amount of lavender oil on a sleep mask or place a drop in each hand, massage them together, and take a deep breath. Lavender aromas are incredibly calming and supportive of sound sleep, making them ideal for preventing jet lag on extended flights.

## CITRONELLA

Particularly citronella is renowned for its ability to repel insects. When hiking in the woods, you can use it in conjunction with some coconut oil. It's also a great way to remove cigarette smoke and other aromas from the air in hotel rooms and rental cars.



## PEPPERMINT

The essential oil of peppermint is excellent for digestion. To calm an upset stomach, put a drop in a large cup of water and consume. Plus, it's a huge energy boost. When you feel tension in your head, take a drop, rub it together, and inhale. You can also apply it to your temples, but avoid getting too close as the powerful smell may sting your eyes.



## TEA TREE

Tea tree essential oil works well for mobile cleaning. It naturally cleanses and purifies. Thus, when traveling, you can mix some water with an additive to clean surfaces such as hotel counters, car rentals, airplane trays, and toilet seats. It's even functional as an air freshener.





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### LOCAL PRODUCTS

Even though this infobrochure can be applied internationally, it is advised to find the most suited local product. Get in contact with your local herbalist for more info on local plants to use or search online.



### CHAMOMILE

Essential oil of Roman chamomile is similar to a relaxing tablet in a bottle. Apply a drop to your temples, rub it into your palms, and take a deep breath after combining it with a drop of lavender. The scent encourages sleep and is calming. It also works nicely for children.

### HELICHRYSUM

Essential oil of Roman chamomile is similar to a relaxing tablet in a bottle. Apply a drop to your temples, rub it into your palms, and take a deep breath after combining it with a drop of lavender. The scent encourages sleep and is calming. It also works nicely for children.



### SAFETY & SUN

Remember that essential oils ought to be stored in a cool, dark place, away from direct sunlight, and with their lids well closed. This implies that you shouldn't spend the entire summer keeping them in your heated automobile. Make sure you take them off when driving in hot weather and bring them with you to your hotel when you get there.



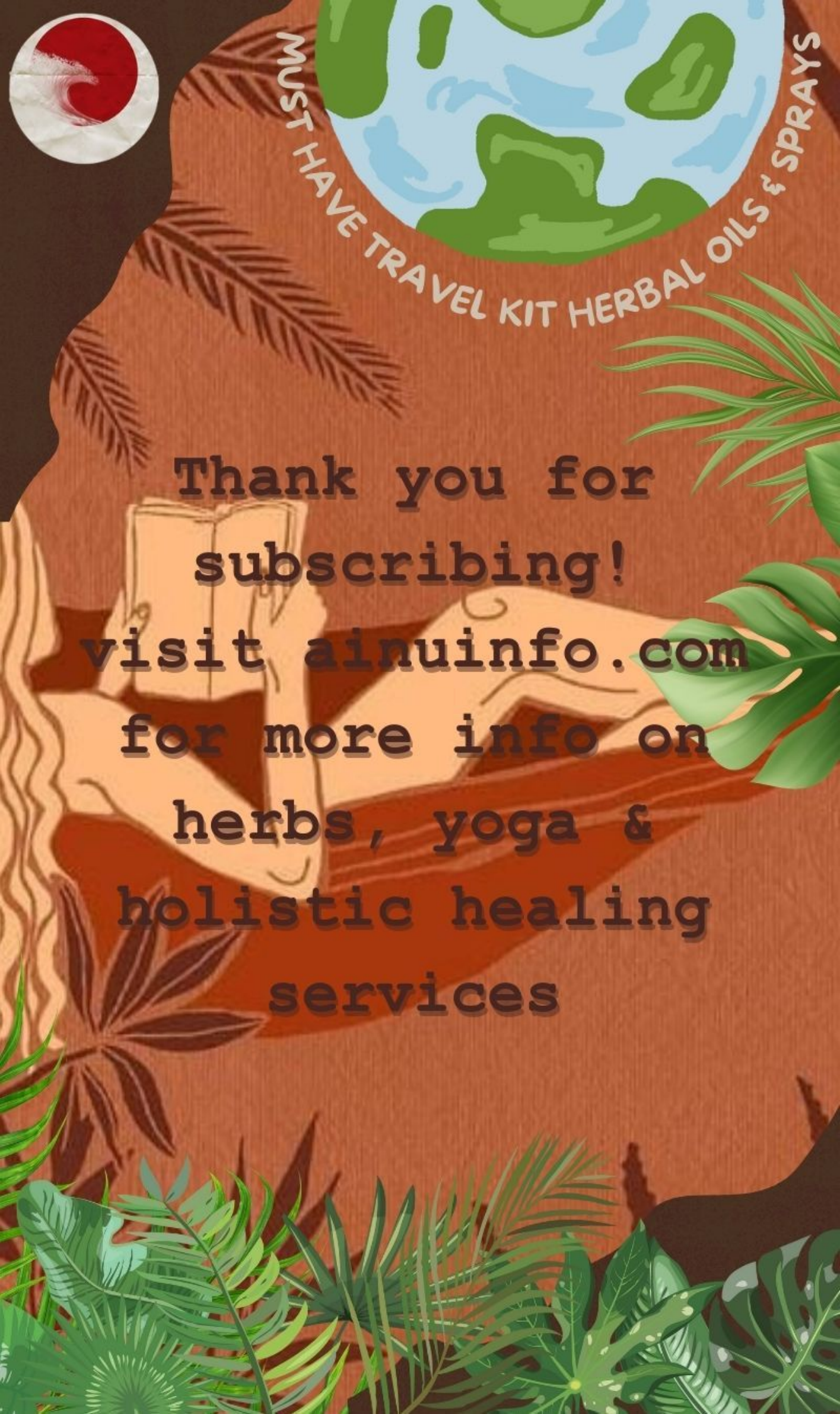
### TOXICITY

Certain essential oils can cause your skin to become photosensitive or phototoxic, meaning it will burn when exposed to UV light. Examples of these oils are cold-pressed lemon, cold-pressed lime, angelica root, rue, and cold-pressed bergamot. If you like to utilize these oils, they work best in personal inhalers rather than topical mixtures. Additionally, keep all essential oils out of children's reach.





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