Breathe Again Essential Oil Opens the Nasal Passages so We Can Breathe Easier!

By Nan Martin

Breathe Again Essential Oil was designed to support healthy lung function and should definitely be included in your natural sinus remedies file!

It is a fantastic blend of ten therapeutic grade essential oils that can be used for most respiratory challenges including asthma, allergies, colds, bronchitis, congestion and sinus inflammation. It was specifically formulated to help open our nasal passages so we can breathe freely once again!

There are many rare and exotic oils in this blend including Eucalyptus Blue, and Copaiba (Copal) essential oils. They are known to support and restore the respiratory system along with the other oils in Breathe Again essential oil.

Breathe Again essential oil comes in a portable roll-on applicator. The steel ball applicator makes it super easy to apply and provides a small amount of oil to the application area. Perfect for when you are driving down the road or running to your next appointment!

There are many more uses for Breathe Again so keep reading below in the uses and benefits Section. It will tell you how to use your oil blend and what to use it for. It will also provide you with some fun tips and testimonials!

As I receive new tips and testimonials they will be added to the page, so check back frequently!

Breathe Again Essential Oil Blend™

What is in Breathe Again essential oil? There are ten therapeutic grade essential oils in Breathe Again. They are listed below along with a brief description of each oil.

• **Eucalyptus staigeriana Essential Oil** This oil is commonly known as Lemon Ironbark (not to be confused with lemon myrtle). This oil contains a high amount of aldehydes (about 51%) making it extremely beneficial for the skin, respiratory system and, muscles and bones.

• **Eucalyptus globulus Essential Oil** has mucolytic, antiviral, antibacterial and antiseptic properties. It is a strong antimicrobial germ killer. It reduces any throat infection!

• **Eucalyptus radiata Essential Oil** (Black Peppermint Oil) is anti-infectious, antibacterial, antiviral, anti-inflammatory and an expectorant. It combats bronchitis and sinusitis.
• **Eucalyptus Blue Essential Oil** (*Eucalyptus bicostata*) – This oil is commonly known as Eucalyptus Blue. The plant is grown in Ecuador (Eucalyptus Blue) and Australia (Southern Blue Gum). It contains the highest amount of alpha-pinene of any eucalyptus making it extremely beneficial for the respiratory system.

• **Peppermint Essential Oil** (*Mentha piperita*) has anti-inflammatory, antispasmodic and pain blocking properties. It is soothing, cooling and dilating the respiratory system.

• **Copaiba or Copal Essential Oil** (*Copaifera reticulata*) has anti-inflammatory, antiseptic, analgesic and antibacterial properties. It is a powerful anti-inflammatory and helps the cardiovascular, respiratory and nervous systems as well as muscles and joints.

• **Myrtle Essential Oil** (*Myrtus communis*) has antiseptic, antibacterial and decongesting properties. It oxygenates and expels mucus from the respiratory system.

• **Bay or Sweet Bay Laurel Essential Oil** (*Laurus nobilis*) has antiseptic, digestive, diuretic and antifungal properties. It is used for chronic bronchitis, viral infections and respiratory conditions.

• **Blue Cypress Essential Oil** (*Callitris intratropica*) has anti-inflammatory, antiviral, insect repellent, and sedative properties. It is a stimulant to the amygdala, pineal gland, pituitary gland and hypothalamus; and is a natural immune system booster.

• **Rose Hip Fruit Essential Oil** (*Rosa canina or rubiginosa*) has regenerative properties. It is used for skin and respiratory conditions.

**Carrier Oil:** Coconut oil (Cocos nucifera)

Do you want more information about the individual oil? Just click on the name of the oil to find out other interesting information such as:

- What Part of the Plant is Used?
- What is an ORAC Value?
- What is the ORAC of the Oil?
- What are the Plant Properties and Uses?
- Where is the Name derived from?
- The Most Interesting Historical Reference?
- And more!
What are the Documented Uses for Breathe Again Essential Oil? Allergies, asthma, breathing, bronchitis, colds, coughs, decongestant, expectorant, mucus, pneumonia, respiratory inflammation and congestion, sinusitis, sore throat, lung infection, bacterial and viral infections, chronic inflammation of the mucus membranes and lymphatic congestion.

What Body Systems are Affected? Respiratory and Immune System

What is the Aromatic Affect on the Mind? Uplifting and energizing.

What is the Spiritual Influence? Breathe Again essential oil opens the solar plexus and heart chakras. It helps us to express our self better in the world better by releasing congestion of the lungs and lymphatic system and embracing joy and hope. Those who feel depleted and are holding deep sadness and grief in the heart and lungs can see relief with this oil.

How do I use it?

Use NEAT (undiluted). Then,

• Roll on chest or neck, or apply under the nose
• Apply to chakras/vitaflex points

Good oil for the First Aid Kit? No

Can this oil be used for Animals? Yes

Note about animals: Certain oils can be very toxic to cats. Citrus products and oils in particular that are not of therapeutic quality! Please consult your vet if you are not sure about applying any essential oil to your pet.

What are the Safety Precautions? Breath again does not have any contraindications. Keep away from eyes or sensitive skin.

Tips and Testimonials from an Essential Oil User

Apply under the nose every fifteen minutes to open the airways!


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