

Bringing You Peace and Harmony through Essential Oils

COLD & FLU SUPPORT THAT WORKS

A Proven Essential Oil Protocol for Immune & Seasonal Wellness

Cold & Flu Support That Works is exactly what it says. This essential oil protocol has been grounded in over 15 years of hands-on use, offering a reliable approach to cold and flu support for general immune issues and during seasonal wellness challenges. It is practical, repeatable, and designed to work with the body rather than overwhelm it. Every recommendation included here has been chosen for its effectiveness, safety, and ease of use in real-world settings through changing seasons, entire families, children, babies, clients, and classrooms. The focus is simple: consistent, supportive care that works with the body's natural rhythms and has stood the test of time.



This guide is intended to support general wellness and immune care and is not a substitute for medical diagnosis or treatment. Essential oils are powerful and should be used with care, especially with babies, children, during pregnancy, or alongside existing health conditions. Always follow the recommended dilutions and application guidelines outlined in this protocol, and trust your own discernment when applying any form of natural support. When needed, seek guidance from a qualified healthcare professional.

THE CORE OF THIS PROTOCOL

This proven protocol centres primarily around doTERRA's On Guard® and Easy Air® essential oil blends. After more than 15 years of consistent use, these two blends remain the most reliable and effective tools I know for supporting the body through cold and flu challenges.

Used early and applied with intention, they work powerfully to support the immune and respiratory systems, helping the body respond efficiently and return to balance. Through years of use with myself, my children, extended family, clients, and classroom environments, these blends have repeatedly demonstrated their value — not only in navigating symptoms, but often in preventing illness from taking hold at all.

For this reason, On Guard and Easy Air form the foundation of this guide. While there are additional supportive practices and products that can be used alongside them, these two blends alone are enough to be a genuine game-changer when it comes to seasonal immune care. They deserve a permanent place in every home as a trusted option for ongoing immune support and illness prevention.



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ON GUARD®

THE HEAVY LIFTER FOR IMMUNE SUPPORT

Warm, spicy, and grounding, On Guard is the backbone of this protocol. It is a powerful essential oil blend formulated to support the immune system and assist the body in defending against environmental and seasonal challenges. Used consistently and early, it provides robust support when the immune system is under pressure. On Guard contains Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary — oils traditionally valued for their antimicrobial, protective, and immune-supportive properties. This blend does the heavy lifting during cold and flu season and forms the foundation of effective immune care.

Beyond active support, On Guard plays an important role in preventative immune care. Used consistently during colder months, periods of stress, or times of increased exposure, it helps to support the immune system before symptoms arise. Prevention is not about doing more — it's about steady, supportive habits that strengthen the body's natural defences over time.



EASY AIR (BREATHE)®

CLEAR BREATHING & RESPIRATORY SUPPORT

Fresh, minty, and invigorating, Easy Air is designed to support clear breathing and healthy respiratory function. It helps to open and soothe the airways, making it especially supportive during congestion, seasonal challenges, and at night when rest is needed most. Easy Air contains Laurel Leaf, Peppermint, Eucalyptus, Tea Tree (Melaleuca), Lemon, Ravintsara, and Cardamom — oils known for their ability to support the respiratory system, promote ease of breath, and encourage deeper, more restful sleep.





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HOW THIS PROTOCOL WORKS

The Three Principles of Effective Use

This protocol is effective not because of complexity, but because of timing and consistency. Essential oils work best when they are used to support the body early, gently, and repeatedly — rather than waiting until the body is overwhelmed and then trying to intervene strongly. The goal is to assist the immune and respiratory systems while they are still capable of responding efficiently.

Over many years of use, three simple principles have consistently made the difference between prolonged illness and a short, manageable response.

1. USE EARLY

The earlier the body receives support, the less it needs to struggle.

The first signs are often subtle — a change in energy, a slight throat sensation, a sniffle, restlessness in children, disturbed sleep, or sudden fatigue. This is the window where essential oils are most effective. Supporting the body at this stage helps it organise a response before symptoms escalate.

Waiting for strong symptoms often means the body is already working harder than it needs to.

2. USE CONSISTENTLY

Essential oils are most effective when used repeatedly in small amounts rather than occasionally in large amounts.

Think of them as gentle signals to the body rather than a single intervention. Reapplication throughout the day — topical, aromatic, and environmental — provides steady support that the immune system can utilise. Consistency creates stability, and stability supports recovery.

3. LAYER APPLICATIONS

Different methods of use support the body in different ways. When combined, they create a cumulative effect.

Topical application supports through skin absorption.

Aromatic use supports the respiratory system and nervous system.

Environmental use (diffusion and cleaning) reduces ongoing exposure.



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This layering approach means the body is supported from multiple directions at once, reducing the intensity and duration of the response.

When these three principles are followed — early, consistent, and layered — the body is given the best opportunity to respond efficiently and return to balance.

COLD AND FLU PREVENTION AND TREATMENT GUIDE Daily Prevention Guide

A practical, heart-led guide to support your body through every phase of the cold and flu cycle — with safe, simple solutions for both adults and children.

MORNING

Topical Immune Boost

On Guard (1 drop): Rub into soles of each foot, especially along the arch line of the foot; or diluted on the spine itself. **Easy Air** (1 drop): Inhale deeply from palms or diffuse during morning shower. Rub directly onto the chest or throat, or apply as a chest rub. **On Guard Softgel or Beadlet**: Take internally (1x per day during flu season). (Optional – however definitely supports a strong level of prevention) For Kids: Dilute more (1 drop EO to 5-10 drops carrier oil) or use pre-diluted **On Guards** as a kids roller on feet and spine.

Diffuse Immunity

- Option to add 4-6 drops **On Guard** in a diffuser.
- Option to Diffuse **On Guard** (2 drops) + **Lemon** (1 drop) to purify the air
- **Easy Air** (1 drop) inhaled from hands or added to shower steam to open airways. Refer to our Essential Oil Guide, which shares all this information and more.
- Diffuse for 30-60 minutes during breakfast or morning prep.
- Diffuse **On Guard** or **Lemon** intermittently in shared areas.

Optional: Immune support Tea

- 1 drop **On Guard** (only doTERRA which is safe for internal use), honey, lemon, and warm water. Drink once a day in winter months or after exposure.

THROUGHOUT THE DAY

Hand Sanitiser

Spray DIY **On Guard** Hand Sanitiser after outings and before meals or snacks etc (see recipe above)

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Easy Air Aromatherapy

Apply 1-2 drops Easy Air direct or diluted to chest and or neck or inhale from palms to keep airways clear. Optional: Easy Air Roll-On or Vapor Stick - Apply to chest or collarbone before and after outdoor exposure.

EVENING

- **Diffuse On Guard + Easy Air (2:1 ratio)** in the bedroom to ease breathing and support for a restful sleep.
- Topical Immunity: Apply **On Guard oil (1 drop)**: Rub into soles of feet before bed and Easy Air once more apply to chest and neck either direct or diluted. Option to **Diffuse Easy Air (2 drops) + Lavender (1 drop)** to ease nighttime breathing
- Optional: If sinuses are blocked and painful. For adults only, directly at bedtime and right before sleep (to protect the eyes), apply **Easy Air** on sinus passageways on the face, and under the nose. Also, the toe pads on the feet (not the big toe however) represent the sinuses on your feet, an option is to apply **Easy Air** to the toes to provide additional support for sinus relief. The ball of the feet represents the Lungs, so **Easy Air** can also be applied here and **On Guard** along the arch line to get deep into the spine.
- Optional: DIY **On Guard** gargle (1 drop in warm salt water) for throat health.



ACTIVE SYMPTOMS PROTOCOL

First Signs of Cold and Flu

At the very first signs—tiredness, scratchy throat, sinus pressure—act early:

Steam Inhalation

- Bowl of hot water. Add 1 drop **Easy Air** Cover. Head with a towel and breathe deeply for 5–10 mins. This will clear the sinuses and lungs.



Topical Immune Boost

- **On Guard & Easy Air Chest Rub:**
- Mix 1 drop each in a tsp of carrier oil Rub on chest, throat, spine, back, neck and feet 2–3x/day to ease congestion. Hydration: Warm lemon + honey water (add 1 drop **On Guard** to honey if desired) **On Guard Protective Gargle**
- 1 drop **On Guard** in a glass of warm salt water Gargle (do not swallow) to soothe a sore throat
- Flu Bomb Capsule (only for adults and only if oils are doTerra brand and therefore safe for ingestion)
- 1 drop each of **On Guard, Oregano, Frankincense and Melaleuca (Tea Tree)** placed in a veggie capsule. Take once a day. Option that I personally have had great success with is placing all these in a cup of boiling water, inhaling the steam with a tea towel over my head until cool and then drinking.
- Option to take **On Guard Softgel or beadlets:** 1 capsule/beadlet, 3x/day (adult)
- Option to Rub diluted **On Guard + Frankincense + Oregano** on spine and feet
- Children: Rub **Easy Air (diluted)** onto chest and upper back.
- Option to open **On Guard beadlet** into honey or yogurt (age 5+) Apply diluted immune roller blend two to three times per day. (Recipe below)
- Continue diffusing **On Guard + Easy Air**



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ACUTE TREATMENT DURING COLD/FLU ILLNESS

Daily Care

- **Rest & Diffuse alternating blends two** to three times per day in 1-hour intervals.:
 - **On Guard + Lemon** to cleanse, **Easy Air + Lavender** to soothe **On Guard + Easy Air** Or **On Guard** in the morning to cleanse air and fight germs and **Easy Air** at night to soothe cough and open airways.
 - Add 2–3 drops to your household cleaning mix (e.g., mop bucket or countertop spray) Or use **On Guard** supported Foaming Soap, Cleaning Concentrate etc.

Warm Compress on Chest:

- 1 drop **Easy Air** in warm water, soak cloth, apply for 10 mins or until cool for congestion relief. Alternate with 1 drop **On Guard** to warm water. Soak cloth, wring out and place over throat or chest.

Steamy Shower with Easy Air: 2 drops on shower floor to a hot shower, breathe in to help relieve congestion.

- **Essential Oil Bath:** 2 drops **On Guard** + 2 drops **Easy Air** in 1 tspn of Epsom Salts. Add to warm bath to relax and detox. Mix 1 tbsp Epsom salts + 1 drop Lavender + 1 drop **Easy Air**. Add to warm bath to ease body aches and breathing.
- **Immune Bomb Roller (10ml roller):**
 - 5 drops On Guard 5 drops Frankincense
 - 3 drops Oregano
 - 3 drops Melaleuca
 - 2 drops Lemon Top with fractionated coconut oil → Apply to spine, bottoms of feet two to four times per day.

On Guard Throat Spray or DIY Gargle every 3–4 hours

- **Hydration + Rest:** Drink warm lemon water with optional **On Guard** drop Children: offer diluted warm fluids and soups regularly.
- Keep the environment warm, calm, and gently scented with oils.
- Use humidifier with 2-3 drops Easy Air to moisten airways.

Optional weekly extras

- Wash bed linens and clothes with 3–5 drops of **On Guard** added to your laundry detergent.
- Disinfect commonly used items (phones, remote controls, keyboards) with your DIY spray
- Diffuse again if in a shared space or when someone around you is ill.

RECOVERY SUPPORT

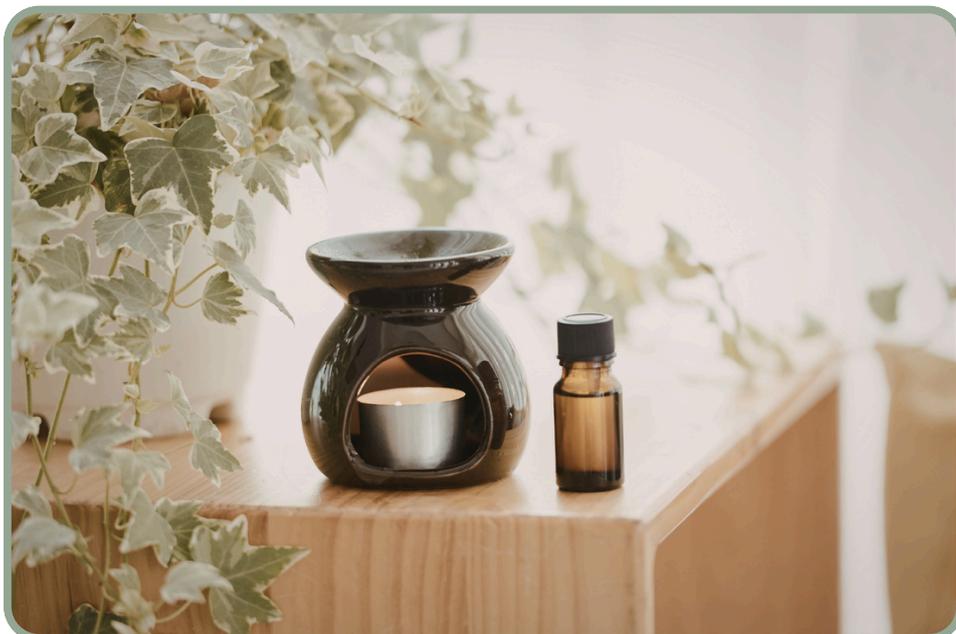
- Continue **On Guard Softgels** once a day for 3 extra days
- Diffuse **Lemon + Easy Air** to clear congestion and refresh space
- Gentle movement, warm fluids, and sunshine
- Daily foot rub with **On Guard** to strengthen defenses
- Diffuse Lemon or Grapefruit to lift energy. Apply **On Guard** (diluted) to feet each night for a week
- Children: return to daily feet rub and diffuser use

REFERENCE AND DIY TOOLS

Essential Oil Application Methods

1. Diffuse daily.

- Why: Purifies the air and provides respiratory support.
- How: Add 4 to 6 drops in a diffuser. Run for 30 to 60 minutes in your living space, especially during cold or flu season or when someone is sick. Take a diffuser to the office, classroom, or your bedroom at night.
- General: Diffusing essential oils is a powerful and often forgotten tool that we have at our disposal. It is powerful because diffusing engages the olfactory system, one of the most direct pathways to the brain and able to deliver bioactive compounds into the air that can be inhaled and absorbed into the body. Another reason why the quality of your essential oils that you diffuse is just as important as what you put on your skin or inhale. Please refer to our Essential Oil Guide, which shares all this information and more.





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2. Topical Application (with dilution)

- Why: Boosts immunity through skin absorption. Our skin is our largest organ and a wonderful to support our immunity.
- How: Dilute 1–2 drops in a carrier oil (like coconut or jojoba oil) or use neat. I have always applied neat to myself and my children. However if have sensitive skin or wanting to be cautious with children definitely dilute. Always dilute for babies. Apply to bottoms of feet (especially before bed), spine, neck or chest daily. For children, use more dilution (1 drop per teaspoon of carrier oil).

3. DIY Immune-Boosting Tea. Why: Supports internal immunity and soothes throat.

- How: Add 1 drop to a cup of warm water with lemon and honey.
- Drink once daily (doTerra oils are safe for internal use).

4. DIY Hand Sanitizer or Surface Spray

- Why: Safely Kills germs on hands and surfaces without use of harsh chemicals.
- How: Mix in a spray bottle: 10–15 drops On Guard, 2 tbsp witch hazel or alcohol, fill with water. (contact me if you are having trouble finding any ingredients) Spray on hands or surfaces like doorknobs, taps, toilet seats, phones, and steering wheels.

5. Add to Cleaning Routine

Why: Disinfects your home naturally. How: Add a few drops to your mop bucket, laundry, or dishwashing liquid.

6. Take Internally (if applicable)

Why: Strong immune support from within. How: 1 drop in a veggie capsule once daily during cold and flu season. Only use internally if the oil is doTerra and then you know it is safe to ingest.

TIPS TO REMEMBER WITH ESSENTIAL OILS:

- Less is more: Essential oils are potent. Use sparingly but consistently. Use them like food. It has been likened that there is a 1:1 ratio with essential oils and their efficacy with killing free radicals or virus cells. So when you feel or see the symptoms returning, this is the best time to reapply topically or check your diffuser for water.
- Daily use: Best results come with consistent, preventative use—not just when symptoms appear. They also come when we use what Dr Hill calls a layering effect. So using other products in the On Guard range like the cleaning concentrate, and the hand soap are giving you and your family a little bit of protection and immune support every day.
- Storage: Keep in a cool, dark place away from direct sunlight.

DIY RECIPES

Chest Rub (Respiratory Support)

- 2 tbsp coconut oil 5 drops
- Easy Air 2 drops Frankincense
- 2 drops Tea Tree (optional)
- Mix and store in small jar — apply to chest and back during illness

Immune Support Roller (10ml)

- 5 drops On Guard
- 3 drops Frankincense
- 2 drops Lemon (optional)
- Fill with carrier oil — apply daily to spine, lymph areas and feet

Children's Immune Roller (10ml)

- 2 drops On Guard
- 2 drops Frankincense
- 1 drop Tea Tree
- Fill with carrier oil — apply daily to spine and feet

On Guard Sanitizer Spray

- 30ml glass spray bottle
- 15 drops On Guard
- 10 drops Lemon
- 2 tbsp witch hazel or alcohol
- Fill with purified water — shake before use



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SAFETY & USAGE NOTES

- Always dilute essential oils for children or for sensitive skin — 1 drop essential oil per 1 tsp carrier oil
- Avoid internal use for children under 5
- Avoid using Easy Air or **On Guard** directly near ears, eyes, nose or broken skin
- Limit use of Oregano and **On Guard** internally to 10 days max without a break
- For pregnancy or chronic conditions, consult a qualified practitioner

