

## FIRST AID KIT WHEN HOLIDAYING IN THE SNOW

		EO	Dosage	Observations	<u>Can be useful</u>
<b>Daily aches</b>	Small cuts:	<b>Fine Lavender</b>	1 à 2 drops on the wound two or three times a day	To disinfect and help the healing process	<ul style="list-style-type: none"> <li>- 1 pair of scissors</li> <li>- 1 pair of tweezers</li> <li>- Sunscreen very high protection (SPF +50): one tube for each family member if you are not skiing together</li> <li>- lip balm in a stick: one stick per person</li> <li>- Hand cream (against cracks)</li> <li>- special band aids for blisters</li>   <li>- your current medication and a repeat prescription</li> </ul>
	Small burns:	<b>Fine Lavender</b>	1 à 2 drops to be repeated every 10 minutes	To mix in a VO if the burn is extensive - until pain has subsided	
	headaches:	<b>Peppermint</b>	1 à 2 drops in massage on the temples far from the eyes	Apply far from the eyes, Peppermint EO is very irritating	
	Travel sickness, nausea:	<b>Peppermint</b>	1 drop of peppermint on a sugar cube or a neutral tablet and let melt in the mouth	Repeat several times a day in cases of travel sickness to calm nausea. Do not take more than 4 times in a day	
	Sleeping Trouble:	<b>Fine Lavender</b>	2 or 3 drops of true lavender under the pillow.	One can also massage a few drops in the solar plexus area, the zone between the sternum and the navel) a few hours before bedtime and at bedtime.	
<b>Sports aches</b>	bruises, knocks, hematoma:	<b>Helycrisum</b>	2 or 3 drops on the injured area within 5 minutes then every 10 minutes (3 to 5 times)	2 drops of Peppermint can also be added to the Helycrisum, 3 times a day, to help reduce the hematoma, if it is already well established. If the bruise is very large, dissolving 10 drops in a teaspoonful of VO is a better solution.	
	tendinitis, joint or ligament aches:	<b>Wintergreen Eucalyptus citriodora</b>	2 drops of each EO mixed in one tablespoon of VO	Gentle massaging in the painful area, three times a day, until symptoms disappear. Of course, the massaging does not replace the need for resting if possible 😊.	
	Muscles soreness:	<b>Fine Lavender</b>	3 or 4 drops in a VO, 1 to 2 times a day		
<b>Aches at the snow</b>	Cold snap, rhinitis, sinusitis:	<b>Ravintsara</b>	2 drops in a spoonful of honey 3 times a day	One can add 2 drops of Eucalyptus globulus in a massage on the sinuses or in dry inhalation on a handkerchief with eventually a wet inhalation at night (above a large bowl of boiling water in which you will have put 1 or 2 drops of the Eucalyptus EO).	
	sunburn:	<b>Fine Lavender</b>	1 à 2 drops in massage	In a hydrating cream, by massaging, at night.	
	fever, flu symptoms:	<b>Ravintsara</b>	2 drops of Ravintsara diluted in one spoonful of VO	By massage on the thorax, 3 times a day and one drop under the tongue or on an oral support and let melt in the mouth, 3 times a day	