

Essential Oils and My Voice

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I have been a singer my whole life! I told my mother when I was three years old, “When I sing, I feel complete!” Now some 57 years later those words still ring true. I want my voice to be around today and for the rest of my life. I seek to enhance my voice with proper techniques, rest, nutrition and essential oils. I find that many medications have side effects that counterproductive to the delicate tissues of the voice, so I seek first the natural remedies before taking medication.

Young Living Essential Oils have a remarkable place in the health of the voice and I want to share with a few highlights of my journey. I encourage you to seek how they work for you and interact with your voice. Your body will tell you and you will find what blends best serve your needs. This is just an overview, be empowered to study for yourself!

My philosophy of vocal health:

Proper technique– Get good instruction, speakers and singers!

Rest– Sleep at least 7 hours a night, allow the chords to repair themselves

Hydrate– Water folks!!!

Eat well– and eat what supports your body, know if your body doesn’t tolerate certain foods and avoid them as much as possible, (dairy, caffeine, alcohol, sugar...)

Exercise- Get some!

And..... **Young Living Essential Oils!**

Frankincense Internal-Topical-Diffused

Uplifting and Grounding

May lessen the effects of inflammation

May alleviates symptoms nasal congestion

May alleviates symptoms of laryngitis

Peppermint Internal-Topical-Diffused

Promotes healthy respiratory function and clear breathing

Alleviates occasional stomach upset and queasiness

Cooling sensation when feeling stressed

Reduces symptoms of sore muscles, great or jaw/neck/shoulder & TMJ

Lemon Internal-Topical-Diffused

Naturally cleanses the body and aids in digestion

Supports healthy respiratory function (breathing openly)

Promotes a positive mood and cognitive ability (you need to be upbeat when you entertain or teach!)

Helps ward off free radicals with its antioxidant benefits

Soothes an irritated throat

Cleanses and purifies the air and surfaces

Lavender Internal-Topical-Diffused

Used for its calming and relaxing qualities

Soothes occasional skin irritations

Helps skin recover quickly

Eases muscle tension

Stage Fright/Anxiety- inhale 15 minutes before performance

Oregano Internal –Diffused (topical only if greatly diluted)

Clears sinuses

Promotes healthy immunity

Eucalyptus or RC Blend (has 3 types of Eucalyptus Topical-Diffused

Supports healthy respiratory function

Alleviates symptoms of cold/flu

Thieves Blend Internal- Diffused (topical only if greatly diluted)

Support healthy immune function

Alleviates symptoms of sore throat

Additional oils known to support healthy voices:

Breathe Again Blend- opens up stuffy airways

Jasmine- helps with hoarseness

Melrose blend- immune booster, regenerative

Bergamot- helps with stress and inflammation

Suggested recipes and use

Sinus Support

Internal 2 drops in veggie capsule-

Lemon

Thieves

Oregano

Frankincense

Scratchy/Hoarse

Melrose & Lemon in honey/swished swallowed

Bergamot & Jasmine gargled/discard

Thieves Singer's Tea

Spoonful raw honey

Drop Thieves

Drop Lemon

Mix in hot water

Allergy Support

Diffuse/Roll on Feet/2-3 drops in capsule

Lemon

Lavender

Peppermint

Cold and Flu Bomb

2-3 drops each diffused-

RC

Thieves

Oregano

Lemon

1 drop Peppermint

Young Living- with Seed to Seal purity commitment is my recommended brand

*These oils are safe to be inhaled, applied topically and taken internally**

**Young Living offers above organic quality (no herbicides and pesticides: clean earth) in their oils, 100% therapeutic grade. They own many of their own farms around the globe and partner with many others. They oversee every part of the process from Seed, Harvest, Distillation, and Seal. YL oils are approved as supplements and are safe for internal, unless the actual plant is not an internal use plant (for instance Wintergreen: those particular oils come with a childproof cap).*

How are you empowered to find what best works for you and your body?

Get a kit! It is absolutely the best way to experience the oils. It is a no strings attached wholesale membership.

A Young Living Wholesale Membership has its privileges! You have your own access and account you can order what you want when you.

The kit is basically ½ price and after that everything is 24% off retail. There is the ability to be part of the biz but absolutely no obligation to buy or sell anything! No yearly fees, no hassles.

Frankincense, Lemon, Lavender, Peppermint, RC, Thieves- are 6 of the 11 oils in Premium Starter kit

Additional oils to consider:

Oregano, Melrose, Bergamot, Jasmine, Breathe Again

%22New PSK v1.1