

Lucky's Market

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9 FOODS THAT
CAN HELP
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on the road again

Create a kit filled with aromatic travel essentials.

Whether you're jumping in the car for a weekend road trip or cruising the high seas on a luxury vacation, don't leave home without it—aromatherapy, that is! Pack your bags with an aromatic travel kit of essential oils that will ensure your getaway is as relaxing and rejuvenating as you anticipated.

Aromatherapy can be easily incorporated into your travel lifestyle with some pre-planning. Pack essential oils in checked baggage, sealed tightly in plastic food storage bags to avoid spills. Include several empty one-ounce plastic spray bottles that you can fill with bottled water and essential oils for blending on the fly.

DIY Face Mist

Before you take off, create a facial mist for easy access that incorporates balancing **geranium** (*Pelargonium graveolens*), uplifting **grapefruit** (*Citrus paradisi*), and calming **lavender** (*Lavandula angustifolia* or *officinale*)—key essential oils that will protect skin from airborne germs and stale airplane air. Grapefruit will also help

Did you know?

Essential oils are Nature's multi-taskers. They work aromatically to affect mood, topically to help heal, and environmentally to fight germs.

lessen puffiness from dehydration caused by air conditioning. Mist your face regularly to soothe dry, taut skin.

If you hate to fly or get a little claustrophobic from close quarters, lavender can allay those jittery nerves. Reach for it whenever you feel a overwhelmed. Breathe deeply for several minutes to thwart panic.

Lavender will also comfort sunburned skin: Add a few drops to a cool bath and soak for 10 minutes.

Tea tree (*Melaleuca alternifolia*) is an all-star antiseptic and a go-to for your aromatherapy first aid kit. Treat scrapes or cuts (even insect bites) by applying a drop to the affected area to nix infection and hasten healing.



Use tea tree and lavender to bust bacteria. Add a few drops of each on a tissue and disinfect restroom taps and toilet handles and seats before using. Tea tree is also a natural cleanser, so mix a few drops in spring water with skin-balancer lavender to daub your face and body whenever you feel a little gritty from travel.

Combat travel sickness with essential oils of **peppermint** (*Mentha piperita*) and **ginger** (*Zingiber officinale*). Even just a few whiffs of peppermint can calm a queasy stomach, and combined with lavender, ease an achy head. Add two drops of each oil to any lotion you have on hand and dot on your temples for quick relief. Once you've arrived at your destination, use a cooling peppermint spray as a refreshing body mist and a minty air freshener for stale hotel rooms.

Ginger essential oil is an excellent remedy for motion sickness. Add a few drops to a tissue and tuck into a pocket for quick access when you're feeling a little unsteady. Inhaling every minute or so while traveling will help alleviate nausea.

Healthy Tip: One of the best inventions for enjoying aromatherapy on the go is a

DIY Travel Aromatherapy Blends

Jet Lag Moisture Mist

- ▶ 7 drops geranium
- ▶ 11 drops grapefruit
- ▶ 12 drops lavender
- ▶ 1 oz. distilled or spring water

Close eyes and mist face whenever needed to freshen skin or balance mood.

Motion Sickness Blend

- ▶ 8 drops ginger
- ▶ 12 drops lavender
- ▶ 4 drops peppermint
- ▶ 1 oz. sweet almond, apricot, or other plant oil

Apply to temples and stomach in a circular motion to combat nausea or other digestive issues.

Reviving Travel Spray

- ▶ 6 drops eucalyptus
- ▶ 12 drops lavender
- ▶ 12 drops lemon
- ▶ 1 oz. distilled or spring water

Mist into air or spray surfaces to disinfect any room. Can also be used as a refreshing body mist.

portable aromatherapy inhaler. These nifty containers are perfect for taking your favorite essential oils with you without having to pack the entire bottle. (And they're spill proof, too!)

Feeling a little out of sync due to a time change? Treat jet lag with essential oils of

lemon, eucalyptus, geranium, and lavender. Toss a few drops of uplifting lemon (*Citrus limonum*) and invigorating eucalyptus (*Eucalyptus globulus*) on the floor of your hotel shower to rev you up for a day of sightseeing and to eliminate lingering germs or odors.

And keep our DIY Jet Lag Moisture Mist (p. 14) near by during your trip: geranium relieves exhaustion due to traveling between time zones, and when combined with lavender, is effective in easing jet lag by balancing hormones and resetting the biological clock to "me time."



Aura Cacia **NEW**
Soothing Roll-On Lavender

Experience all the calming, clearing effects of aromatherapy in an easy-to-use roll-on.



Crystal
Body Deodorant Stick

This effective, non-sticky, non-staining deodorant is made of natural mineral salts and is completely free of perfumes, chemicals, or dyes.

Lucky's Market
Colloidal Silver Plus

Harness the bioprotectant prowess of colloidal silver with this convenient liquid. Plus, 10% of the proceeds of all Lucky's branded products are donated back to the local community.



Burt's Bees
Deodorant with Oil of Sage

Eliminate odor naturally with this essential oil blend of sage, lemon, and lavender.



Dr. Bronner's
18-in-1 Hemp Lavender Pure-Castile Soap

A relaxing fragrance for stressed-out souls, this certified organic liquid soap calms the nerves and soothes the body.



Himalaya Botanique **NEW**
Neem-Pomegranate Toothpaste

Experience the refreshing herbal mint taste of neem and pomegranate in this wholesome, fluoride-free toothpaste.



Flora
Udo's Choice Advanced Adult's Probiotic

This targeted product includes seven strains of beneficial bacteria to meet the specific digestive needs of seniors.