

DISCLAIMERS

***If you have an allergy to mint, sage, basil, or lavender you may also be allergic to thyme, thyme oil, oregano, or oregano oil.*

***Please be sure to note interaction effects if you're taking medications that alter clotting of your blood (have a bleeding disorder), for asthma, or diabetes.*

***Essential oils can be strong on sensitive skin. Best if used with a carrier oil such as coconut, jojoba, sesame, or olive oil.*

TEA TREE + LAVENDER essential oil (5-10 drops of each) can be added to your already packed spray or water mister bottle as an antiviral and antibacterial room, linen, and furniture spray. Use 1 drop in the palm of your hand as a natural sanitizer. Kills problematic bacteria + viruses without harming your good bacteria. On your Moon Day ladies? Use lavender oil on your temples or add to the bottom of your feet to help ease menstrual cramps. Tea tree's anti-viral properties are great when used alone or in conjunction with another essential oil.

OREGANO + THYME essential oil should be added to the bottom of your feet, specifically the underside of your big toe) with the roller applicator. If you have the oils without a roller, just a drop of each in the palm of your hand then applied to the bottom of your feet. Be sure to wash your hands afterwards! Oregano oil is very strong and can burn if in your eyes or on your face. Both thyme and oregano have anti-viral properties and can be used individually or in conjunction with one another. The way this 'rona set up, we double down when we can but have survived just fine with either one pun di foot bottom.

ZINC, ELDERBERRY, and Vitamin C are ideal in immune boosting. Take your gummies before or while boarded on your vehicle of transportation. Or before you hit the streets using the OG method... your two feet. Be sure to take the gummies as suggested on the bottle. No one wants to be nauseous, dizzy, cramped, vomiting, or worse... on a long trip with diarrhea.

SEA MOSS is bomb for the immune system... like pure gold. These gummies are the first of their kind. Black magic manifested. Take as suggested on the bottle. Your body will thank you.

FUN FACT: Vitamin C is overdose-proof. If you've ingested too much your body will just expel the excess in your urine. Have your Vitamin C lollipops on hand for take off and landing to prevent clogging and popping of your ears at high altitudes in the plane.

lavender forest

EUCALYPTUS ESSENTIAL OIL is an excellent energy boost and stimulates brain activity. Have the inhaler? Take a sniff before getting off of your flight or when you see fit. No inhaler? No problem. Just add a drop to the palm of your hand, rub your hands together, and inhale your cupped palms. Super simple. It's like having a RedBull without the shakes at the end. PLEASE NOTE: do NOT use if you have epilepsy.

Speaking of epilepsy, if you have seizures or are traveling with someone who has seizures, FRANKINCENSE ESSENTIAL OIL is great for ameliorating neurochemical changes. Just pull down the bottom lip and add 1-3 drops to the gums of someone having a seizure. No worries about overdosing here. The most that can go wrong is a little tummy ache afterwards. If you're the one with the seizures, be sure to have someone traveling with you or someone sitting near you aware of where your oil is and how to administer it. And **always remember**, never put your hands or any objects in the mouth of someone having a seizure.

Hand sanitizers are all the rave right now. They're like your token into any establishment. Sanitizing is good, killing good bacteria is bad... why the natural formulas are best. Use the medium that works best for you whether that be gels, sprays, or a dropper. The list has you covered. Make your own essential oil blend with a dropper (scroll up for details), snatch up some of **SelfeSteam** Nola Natural Sanitizer Mist or Sanitizer Gel, or grab the cute golden bottle of natural sanitizer spray from Lauryn's Garden. We got options for youuu! And I'm not against being extra... get allovem'!

Black Girl Sunscreen...let's get into it. It's for boys too. All natural ingredients because, yes, even on The Continent with all of that melanin, protective measures are taken. There are nano particles being used in a variety of medicines, surgery, including sunscreen. Researchers in Britain and Australia found these nano particles can have damaging effects to cells without even entering them; scientists found the particles can change the function of cells and how they communicate with other cells, or worse, damage parts of the DNA. Your skin is the largest organ on the body. It is to be protected and taken care of with clarity in what you're putting on your skin. You can read every ingredient in Black Girl Sunscreen. We recommend the kids version for the whole family since it has a higher SPF. Mama uses the Make it Matte when going for a flawless finish out in these sun kissed streets.

Lauryn's Garden

Oral care is super important. Why be so meticulous about what's on your skin and not keep that same energy when it comes to what goes in your mouth. Fluoride-free is the way to be. All oral care products on the list can replace your fluoride-ridden, pineal gland calcifying, teeth-whitening, sensitive teeth having tooth paste. I type that with love. Shout out to black-owned brands like **Garner's Garden** and **Dirt Don't Hurt**. On the travel pack list is a brand called **hello** that has an activated charcoal, sensitive teeth formula that has a price point perfect for pre-travel last minute purchase.

Hot flashes? WE GOT YOU. I'm not at that chapter just yet but I live by the age old adage "stay ready, you don't have to get ready." Garner's Garden Hot Flash Spray is made with natural essential oils, witch hazel, and aloe for instant relief. They have great reviews as well.

Arm pits get fairly frequent attention since its a staple in daily grooming. Attention is to be paid to what's going under your arms; there are lymph nodes and breast cells in close proximity. Lymph nodes are one of the many filtering systems that removes trapped bacteria, viruses, cancer cells, or any other unwanted trash in the body. Toxins will have their primary functions glitching. All bad. Some people don't want to sweat but thats the way the body rids itself of toxins. The best option is to neutralize the bacteria under the arm to prevent smelling when sweating. Trouble ingredients in deodorant + antiperspirants are:

- Triclosan
- Aluminum
- Butane + Isobutane
- Parabens
- Phthalate
- Fragrance
- Diethanolamine

Our list has our favorite black-owned brands along with some natural formula brands that make and ship deodorant internationally. Our featured faves are chosen based on the ease of use no matter where in the world we are living nor what our bathroom size may be. Pardo Naturals has an amazing magnesium oil deodorant and SelfeSteam Nola has a great kids deodorant. Shout out and honorable mention goes out to our daughters' pediatrician that has a great natural deodorant that works great for kids and adults. Black woman owned (my favorite kind of energy) just couldn't make the list because they only ship within the US. <https://www.drblairsnaturalproducts.com/>

*Pardo
SelfeSteam
Nola*