

Beware when you wear a mask!

小心口罩!

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More and more people are wearing masks nowadays. Besides being uncomfortable and hot, wearing a mask can bring you more.

We all know that the air we breathe out contains carbon dioxide (CO₂), water vapour, germs, and some oxygen. As we breathe continuously when wearing a mask, concentration of carbon dioxide and germs increases. *Metabolism, in a resting person, generates about 200ml of carbon dioxide per minutes.* **Breathing in too concentrated carbon dioxide causes harm to our respiratory system and our body.** To wear a mask smartly, we should:



1) **get enough fresh and clean air as frequently as possible.**
(don't wear a mask/masks all day long!) If we have very good immunity, we don't have to be afraid of any disease!

2) **massage diluted eucalyptus 桉樹 essential oil on our chest and upper back* twice a day.**

Eucalyptus increases our oxygen carry rate of haemoglobin, thus increase oxygen intake of the body. Besides, it is a very powerful antiseptic oil and strengthens our immunity. For those who don't like the smell of eucalyptus, you can simply add 1 drop of any essential oil you like to cover the smell.

*for a healthy adult: in dilution of 2 ml vegetable oil + 1 drop of eucalyptus

*for sick people/elderly/children aged 7+: 4ml vegetable oil + 1 drop of eucalyptus

*for children aged 4-7: in dilution of 10ml vegetable oil + 1 drop of eucalyptus

3) **add essential oils to your mask:**

Put unused mask(s) into a plastic bag. Add a total of 3-6 drops of eucalyptus 桉樹/ tea tree 茶樹/ thyme 百里香/ pine 松樹 essential oils on a piece of tissue paper/cotton ball, then put it into the bag and seal completely. Wait for 3 hours or longer, and then wear the mask.

4) **use steam inhalation to help you:**

Put some hot water into a stainless steel/glass/porcelain bowl/cup, add 2-3 drops eucalyptus 桉樹 or benzoin 安息香 essential oil, stir and breathe in (without wearing a mask) the vapour for 5 minutes at a time, repeat as needed.

Function: The heat and the vapour of essential oil kill the germs and moisturize our respiratory system.

Benzoin 安息香: helps with abnormal breathing, moisturize the lungs and respiratory system, assists healing in bronchitis, asthma, cough, cold, throat infection and mouth ulcer. It is a very important ingredient of cough medicine.

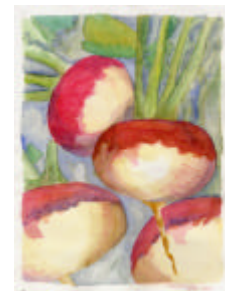
5) **Live a healthy life.**

Drink more water, fresh juice, soup, eat more fruit and green leafy vegetable, and do not smoke. Get enough sleep of good quality. Exercise yourself adequately.

6) **Stay calm and peaceful.**

Stress, fear, worry, anxiety, anger.....

negative feelings/emotions can only decrease our immunity!



May us all get the precious health and live a healthy life!