

# OLBAS® ~ NATURAL SWISS REMEDIES

*SUSAN SMITH JONES'S FAVORITE NATURAL REMEDIES FROM SWITZERLAND FOR 40 YEARS!*



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*There is an extraordinary line of natural remedy products that have been popular around the world for decades and I would never be without them. It's called Olbas. In fact, I have used them for 40 years; the entire line of Olbas products is always front-and-center in the nature's medicine chest that's in my home and office. These products are good for all ages and for every month of the year – if creating vibrant health is your goal.*

Olbas is an acronym that stands for "Oleum Basileum," or oil from Basle. Basle, a city in Switzerland nestled on the border of Germany and France, is world renowned as a center of pharmaceutical research. More than 100 years ago, herbalists in Basle developed a blend of pure essential oils that came to be known as *Olbas Oil*. The natural essential oils in Olbas are extracted from six medicinal herbs that have been the basis of healing in cultures around the world for centuries: peppermint, eucalyptus, cajeput, wintergreen, juniper berry and clove.

**Individually, these oils have therapeutic effects for the respiratory system.**

- ★ **Peppermint** has been valued for centuries as an aromatic stimulant, providing benefits to nasal and bronchial areas.
- ★ **Eucalyptus** promotes oxygen absorption by relaxing the respiratory muscles, enhancing the breathing passages.
- ★ **Cajuput** is extracted from *Melaleuca Cajuputi* (closely related to tea tree oil). This powerful oil soothes bronchial and sinus passages and supports healthy breathing.

★ **Juniper** reduces inflammation and supports the immune system.

★ **Wintergreen** contributes to the warm, soothing feeling when Olbas Oil is applied to the skin. It also has a pleasant aroma, and supports the breathing passages.

★ **Clove** is a strong, stimulating aromatic spice that enhances the overall effect of Olbas Oil.

Taken together, the effects of these essential oils are even more potent. Clinical studies in Switzerland indicate that the combination of these oils in one pure product produces a synergistic effect that is a boon for cold and allergy sufferers.

As an aromatic inhalant, Olbas delivers invigorating and soothing sensations to the nasal and bronchial areas. **Olbas Oil** can be dropped onto a handkerchief, or you can use the pocket-sized inhaler to get instant results. Try this - put a few drops into a bowl of hot water, drape a towel over your head and breathe in the powerful vapors. At night, a few drops on a tissue tucked inside a pillowcase can help stimulate and enhance your breathing passages so that you get a good night's sleep. For a steam bath you won't forget, just warm up your shower with steaming hot water, and drip a few drops on the shower floor. What a sensation! It also makes an excellent soothing massage oil for stiff, achy joints and tired, sore muscles and feet.

For breathing problems, there is also a convenient, pocket-sized **Olbas Inhaler**. Fast-acting, penetrating vapors provide an immediate, fresh, clean feeling in the nose, sinuses and lungs. I keep one in my office, car, bedside table, purse, tote bag, gym bag, and in my carry-on flight bag. **Olbas Herbal Tea** offers the addition of warm, soothing steam to break up congestion and relax aggravated lungs. I take this tea with me whenever I travel. It dissolves instantly for a hot or cold refreshing tea.

### For coughs, there are a variety of Olbas choices:

• **Olbas Cough Syrup** - The six essential Olbas oils are blended with five herbal extracts known for **Olbas Cough Syrup** - The six essential Olbas oils are blended with five herbal extracts known for their respiratory and immune system benefits (thyme, licorice, plantain, horse chestnut, and pine) as well as wildflower honey, which also soothes coughs (see sidebar). Unlike pharmaceutical cough syrups, it is safe for young children.

• **Olbas Analgesic Salve** - This soothing cream with vapor action provides deep, penetrating cough relief. Rub on the throat and chest in a thick layer. Cover with a warm, dry cloth if desired. Clothing should be loose about the throat and chest to help vapors reach the nose and mouth.

• **Olbas Pastilles** - Pastilles are maximum strength cough drops with powerful vapor action. They provide instant, cool soothing relief for sore throats, help you fight coughs, and make your nasal passages feel clearer. Olbas soothing herbs are compounded with menthol and chlorophyll, which gives the drops their luscious green color - and helps freshen your breath, too!

• **Olbas Sugar-Free Lozenges** - These lozenges provide the same maximum strength cough relief of Olbas Pastilles without the sugar. Vitamin C, menthol, and eucalyptus soothe coughs and boost the immune system, while ISOMALT, a natural sugar substitute made from pure beet sugar, lends a sweet taste that is safe for those on sugar-controlled diets.

I also highly recommend and regularly use the **Olbas Sport** — which is great for achy, overworked muscles and joints — and **Olbas Bath** for when you want an invigorating and relaxing spa-like experience at home anytime!

**The gift of health is the best gift you can give yourself.  
You and your family will get lots of use from all of these Olbas products.**