



Travel Stick – healthy weapon against inevitable travel bugs

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This personal inhaler with pure essential oils is said to promote cool, clear breathing while helping the body resist infection.

"New research featured in a World Health Organisation (WHO) journal has linked toxic cabin air to respiratory problems, cancer, chronic fatigue and neurological problems," she explains.

"Essential oils are nature's antiseptics, the plant's own protection against pathogens, and a plethora of research exists on their antibacterial properties." It was using this knowledge that Annie Prince formulated the Travel Stick. The user simply inhales through both nostrils several times a day or as needed in unhealthy environments.

Prince's organic or wildcrafted essential oils are sourced from reputable distillers

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worldwide and tested for purity, safety and therapeutic quality. "The Travel Stick design uses the patented, research backed, technology from Switzerland of a suspended filter in the middle of the tube, to facilitate greater airflow, allowing the essential oil molecules of black spruce, eucalyptus narrow leaf, frankincense, lemon, myrtle, niaouli, palmarosa and ravintsara to effectively reach the respiratory network."

Expiry date is two years from date of manufacture, with maximum efficacy six months after opening.

This product is not suitable for children under 10 or pregnant women, nor is it intended as a treatment for any disease or replacement for medication.

After completing a Diploma in Aromatherapy, Prince undertook advanced clinical aromatherapy studies overseas with the internationally-recognised Rhiannon Lewis, director of Essential Oil Resource Consultants, provence and editor of the International Journal of Clinical Aromatherapy.

She runs her own practice incorporating treatments, classes and the making of bespoke products, in the Waitakere Ranges, Auckland.

"I believe it is an exciting time to be involved in the world of essential oils, as we lose our frontline antibiotics to resistant bacteria and attention is turning to research on the antibacterial properties of these ancient essences."