

Olbas – allowing hay fever sufferers to breathe naturally

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Around 9 million people in the UK* struggle to cope with the symptoms of hay fever - a condition which can last for months. Blocked noses, watery itchy eyes, constant tickly sneezing, headaches and disturbed sleep are all signs to watch out for.

The trigger for hay fever is often grass pollens which appear between May and September but are at their peak in June and July. For many, it's likely that in these summer months herbal remedy Olbas – made with a combination of essential pure plant oils including eucalyptus, mint, wintergreen and cajuput – is relegated from the medicine cupboards but for anyone suffering from hay fever this could be a mistake.

Whilst it is most often associated with making us feel better in the depths of mid-winter, the Olbas range can also help with bunged-up hay fever symptoms so think twice before you push it to the back of the cupboard when the sun comes out.

Put a few drops of Olbas Oil onto a tissue and inhale gently to find immediate relief. If your work colleagues are frustrated by your constant sniffing, ensure you have the Olbas Inhaler on hand to clear a stuffy nose or if your children are suffering use the gentle yet effective Olbas for Children.

These Olbas products are available from pharmacies, chemists and supermarkets nationwide. Prices start from £2.35.

Other top tips to reduce the symptoms of hay fever* include:

- Avoid going outside as much as possible when it's humid and windy or when pollen counts are high
- Wipe down pets with a damp towel after they've been out in the garden, as they may pick up pollen on their fur
- Don't put washing out to dry if counts are high as pollen may get trapped in the fibres of clothes and bed linen.
- Before you go to bed, have a shower to get rid of any pollen caught on your body or hair.

For further information about the Olbas range visit www.olbas.co.uk

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For further information, interviews, photography or samples please contact Gemma Boyland or Claire Forster at Bray Leino by calling 0117 973 1173 or emailing gboyland@brayleino.co.uk

* <http://www.bbc.co.uk/health/conditions/hayfever1.shtml>