

[Leaflet advertising G.R. Lane of Gloucester's Olbas Oil, used to relieve flatulence, colds, respiratory problems and headaches].

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Olbas Oil

A Pure Plant Remedy

Olbas (the genuine Oleum Basileum) is a blend of pure plant oils (called essential oils) together with a small percentage of Menthol, itself derived from one of these oils.

How Can Olbas Help?

Each essential oil in Olbas has its own intrinsic value but it is in the subtle blending (based on the wide experience of its Swiss originators) that gives Olbas its unique and remarkable ability to help in so many different ways.

Firstly, the oils in Olbas possess the ability to vaporise readily, so that they can be inhaled. Used in this way the vapours relieve congestion in the nasal and bronchial passages, especially colds, catarrh and dry coughs.

Secondly, when used externally the oils are readily absorbed through the skin. They produce not only a deep feeling of comfortable warmth, but also, being counter irritants, they have the ability reflexly to relieve internal pain. Additionally, they have a mild local anaesthetic action. When applied to the skin Olbas will speedily relieve rheumatic conditions, neuralgia, bronchitis and allied conditions.

Thirdly, Olbas exerts a mildly stimulating action on the mucous membranes of the mouth, stomach and intestines, increasing the appetite and aiding digestion. It helps to relieve the discomfort, fullness and flatulence sometimes experienced after meals; likewise it allays intestinal colic and wind pain.

By stimulating the membrane of the respiratory tract, Olbas produces a marked loosening of catarrhal congestion, clears nasal and bronchial passages, makes breathing easier and relieves headaches.

How To Use Olbas

We give below some of the effective ways in which Olbas can relieve a variety of complaints. You should however use the method and dosage that you find most beneficial. This may of course mean combining two or more ways to achieve maximum relief. Children generally require only half the adult dose, depending on age. Olbas should not be given to infants under two years of age.

Olbas as an inhalent for catarrh, bronchitis, cold, sinus trouble, influenza, hay fever and asthma.

Method 1.

Sprinkle 4-5 drops of Olbas on the palm of the hand, rub the palms together and cup the hands around the nose and mouth. Inhale deeply drawing air through the fingers. Use as often as is necessary to keep the nasal passages free. Alternatively a few drops of Olbas may be sprinkled on a handkerchief or 1-2 drops gently massaged inside the lower nostril, and the vapours inhaled.

Method 2.

At bedtime rub a few drops of Olbas into the chest and cover well. Sprinkle a few more drops on the pillow so that the curative process can continue during the night. To clear acute congestion

Olbas used externally for rheumatism, lumbago, neuralgia, neuritis, sciatica, gout, fibrositis.

Method 3.

Cleanse the painful areas with warm water and dry. Then firmly massage a few drops of Olbas onto the skin and cover with woollen material. Relief is speedy, the first sensation is of coolness but this is soon followed by a pleasant warmth. Finally there is often profuse perspiration, the sign of Nature's strong response.

Olbas in water as a gargle and for stomach upsets.

Method 4.

Add 3-4 drops of Olbas to a small glass of cold or lukewarm water. First use a little as a mouthwash, then swallow half the remainder in small sips. Use the rest to gargle. This is very effective for laryngitis, loss of voice, and sore throats. It can also help to remove the "tickle" that accompanies some coughs.

Method 5.

For stomach disorders, colic, flatulance and indigestion take 3 drops of Olbas in a little hot water three times a day after meals.

You will discover for yourself other ways of using Olbas such as the following: Headaches (rub a drop onto temples and forehead): Coughs (2-3 drops in a spoonful of honey 3-4 times a day): Toothache and a variety of other common complaints.

GUARANTEE

G. R. Lane Health Products Limited guarantee that the oils used in Olbas shall conform in every respect to the stringent specifications laid down by Po-Ho-Co. SA. the Swiss originators of Olbas

Here is a quick check list of the method to use.

	METHOD				
	1	2	3	4	5
Bronchitis	✓		✓		✓
Catarrh	✓	✓		✓	
Colds & Influenza	✓	✓		✓	
Coughs		✓		✓	
Fibrositis			✓		
Indigestion					✓
Laryngitis		✓		✓	
Rheumatism			✓		✓
Sore throat		✓		✓	
Stomach troubles					✓

Always consult your Medical Adviser if your complaint persists, and keep all remedies, even harmless herbal ones out of the reach of children.

To prevent evaporation always screw the cap well down.

10ml. phial

28ml. phial

Also available Olbas Pocket Inhaler

Manufactured and Distributed by

G. R. Lane Health Products Ltd. Gloucester

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