

Every once in a while the congestion is unforgiving and something needs to give. Using plain essential oils isn't working, diffusing them isn't working, but you don't want to give in and use a petroleum based product like Vick's... so what do you do? Make your own! You have several options to choose from here... one is to make one consisting of Essential Oils, or using the whole herb, another is one made with menthol crystals... or you can incorporate both. (I am considering carrying this eventually in my shop, depending on demand)

EO Rub Ingredients

- 1/2 cup olive oil, coconut oil, or almond oil
- 2 TBS of beeswax pastilles
- 20 drops of Eucalyptus Oil (use only 4 drops for use on babies and young children)
- 20 drops Peppermint Oil (substitute 4 drops of fir essential oil for use on babies and small children)
- 10 drops Rosemary Oil (omit for use on babies and small children)
- 5 drops Oregano Oil
- Many essential oils, including these, are not considered safe for babies or small children. Make sure to dilute for babies and children and use as little as is needed

Whole Herb Rub Ingredients

You can also make this recipe with herbs instead of essential oils by infusing the oil with 4 TBS of each of the herbs in a double boiler over medium heat for 2 - 3 hours

Directions

1. Melt beeswax with your chosen oil in a double boiler until just melted.
2. Add the essential oils (use half the amount for a baby version or dilute with coconut oil before using)
3. Stir until well mixed and pour into some type of container with a lid to store.

Use as needed to help reduce coughing and congestion.

(These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Used for educational purposes only. Always consult your physician.)

See page 2 for Menthol Crystal recipe

Menthol Rub Ingredients

- 1/2 cup coconut oil
- 2 TBS beeswax
- Optional (add a half tsp of a butter like shea butter)
- 1 TBS of menthol crystals (you can adjust strength as needed for your need)
- 4 drops of Essential Oil – Optional
- 2 tsp Olive or Almond oil

Menthol Rub Ingredients

1. Heat your coconut oil gently to melt it
2. Add in beeswax (and butters if you want) stir until mixture is melted and combined
3. Allow to cool slightly
4. Stir in menthol crystals (and additional oil)

Your measurements can vary according to your personal preferences. For a stronger mentholated rub, you will obviously want to use more menthol crystals and oils.

For a gentler cream that you can use in the shower to shave and moisturize, you will want to use less of the menthol crystals, and no beeswax. 1 teaspoon with about a cup of coconut oil actually works for this. Remember that if you use your menthol cream in the shower or bath it will intensify with the hot water.

PLEASE NOTE that you do NOT want to get menthol in your eyes! Be very careful when touching the crystals and wash your hands before touching your face or eyes. And please keep menthol crystals away from children.

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