

Sinus & Congestion Relief Inhaler

5 drops Eucalyptus
4 drops Peppermint
3 drops Tea Tree
2 drops Rosemary or Lavender (optional)

Add oils to a clean cotton wick. Insert into inhaler and use 3–4 times daily or as needed during congestion.

Inhalors

<https://amzn.to/41iANqf>

Anti Itch Relief Oil Blend

Topical Use Only

2 tbsp Jojoba oil
(Absorbs in skin easily)
3 drops Tea Tree oil
(antifungal, antibacterial)
2 drops Lavender oil
(soothing, anti-inflammatory)
2 drops Geranium oil
(balancing, antifungal)
1 drop Frankincense oil
(healing, calming)

Drooper Bottles

<https://amzn.to/45BzOnn>

Cold & Flu Chest Rub

Rub on chest and neck

2 tbsp Jojoba carrier oil
4 drops Eucalyptus oil
(opens airways)
3 drops Peppermint oil
(cooling relief)
2 drops Tea Tree oil
(immune support)
1 drop Frankincense
(anti-inflammatory)

Drooper Bottles

<https://amzn.to/45BzOnn>

Nerve Healing + Anti-Inflammatory Oil

2 tbsp Carrier Oil
10 drops Helichrysum
8 drops Peppermint
8 drops Lavender
6 drops Frankincense
4 drops Ginger
2 drops Black Pepper

1. Apply directly to areas of tingling or nerve inflammation. Use 1–2 times daily.

Anti Itch Relief Oil Blend

Topical Use Only

2 tbsp Jojoba oil
(Absorbs in skin easily)
3 drops Tea Tree oil
(antifungal, antibacterial)
2 drops Lavender oil
(soothing, anti-inflammatory)
2 drops Geranium oil
(balancing, antifungal)
1 drop Frankincense oil
(healing, calming)

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Pink Eye Relief Support

(outer lid only)

1 tsp Colloidal Silver
1 drop Lavender
(mixed in carrier for)
Warm Compress (clean cloth)

1. Soak a cloth with a small amount of mixture
2. Apply warm compress several times a day, heated in microwave 5 seconds
3. Apply on the eye area with clean warm compress,
4. Avoid putting essential oils in eyes.

Drooper Bottles

<https://amzn.to/45BzOnn>

Continuous Spray-On Body Lotion

½ cup favorite lotion/ cream
¼ cup distilled water
1 tbsp Jojoba oil
5–10 drops essential oil
(lavender, rose, citrus or cherry almond)

Shake well. Spray & rub in

Bottles

<https://amzn.to/4sJ5z7n>

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2 drops Tea Tree oil
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Drooper Bottles

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