

DIY Chest Rub

JOYOUS HEALTH

Recipe by Melanie Richard Maxwell from Joyous Health

Ingredients:

- 30 grams beeswax
- 90 grams coconut oil
- 120 drops eucalyptus essential oil
- 20 drops lavender essential oil
- 12 drops peppermint essential oil

Instructions:

1. In a double boiler, or a heatproof bowl set over a pan of boiling water, heat beeswax and coconut oil until thoroughly melted. Remove from heat.
2. Whisk in the essential oils and then pour into a tin or glass container that can hold 1 cup of liquid- work quickly, the mixture will begin to harden within a couple minutes. Place a lid loosely on the container to keep the oils from escaping and let cool until hardened.
3. To use, rub onto chest and breathe deeply. For short term use only, ie. the length of your cold or flu.