



Mix the following herbs together:

- 1 part thyme
- 1 part mullein
- 1.5 parts lavender
- 1.5 parts rosemary
- 2 part peppermint
- 2 parts yarrow
- 1/4 part ginger

Make an Herbal Infused Oil:

Place herbs in a quart jar and pour 2½ cups olive oil over the top. If using fresh herbs, let them dry wilt first for a couple of hours and use a coffee filter with a screw top for the lid, for dried herbs just use a regular air tight lid. Place in a warm, sunny spot for 2-4 weeks. Strain and measure how much oil you have.

For every ounce of herbal infused oil, add 1 ounce of beeswax. Melt over very low heat until the beeswax is melted. Add 1 - 2 teaspoons of essential oils, use blend below or premixed congestion blend.. Stir thoroughly then pour into prepared containers. Let harden, then cap and make a label. Store in a cool, dry place.

Uses:

Apply directly to sinus cavities to relieve pressure and congestion. Rub on chest, back and even bottoms of the feet. Can also be used for allergy relief and sinus infections.

Essential Oil Congestion blend:

- 30 drops ravensara
- 15 drops lemon
- 10 drops wintergreen
- 10 drops peppermint

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.