



Essential Oil Blend:

40 drops clove  
35 drops lemon  
20 drops cinnamon bark  
15 drops eucalyptus  
10 drops rosemary

Herbal Blend:

Use dried herbs (except for garlic) or double the amounts if using fresh herbs:

1 tablespoon sage leaf  
2 teaspoons lavender flowers  
2 teaspoons rosemary leaf  
1 teaspoon thyme leaf  
1/2 teaspoon black peppercorns, crushed  
4 cloves garlic, chopped  
16 oz. raw apple cider vinegar or water (for a tea) or Vodka (for a tincture)

Turn this blend into a delicious vinaigrette;:

1 part four thieves vinegar (above)  
1 part olive oil  
1/2 part mustard  
salt and pepper to taste

Add ingredients to a blender or whisk vigorously until well blended.