

Sore Throat Spray



Ingredients:

1/4 cup echinacea glycerite

1/8 cup distilled water

6-8 drops peppermint essential oil

Mix ingredients together and pour into a spray bottle.

To Use:

At the first sign of a sore throat start spritzing away. Also use for strained throat, tonsillitis, strep throat or any kind of throat condition.