

Vapor Rub Formula

1 part Eucalyptus oil

1 part Peppermint oil

4 parts olive oil

Mix in a small bowl. **Rub on chest and back.** You can also rub on feet.
Place bowl with remaining mixture near bed for additional relief.

Link to my blog:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/06/vapor-rub-formula.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2018/01/vapor-rub-formula.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/vapor-rub-formula.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/04/vapor-rub-formula.html>