Decongestant Salve

This salve brings relief from sinus pressure and congestion when applied directly to the sinus cavities. I also rub this on the chest and back for respiratory congestion and even on the bottoms of the feet.

INGREDIENTS

Herbs for herbal oil:
2 parts peppermint
2 parts yarrow
1.5 parts lavender
1.5 parts rosemary
1 part thyme
1 part mullein
¼ part ginger
Beeswax
Essential oil



DIRECTIONS

For each cup of herbal infused oil, melt with 1 oz of beeswax in a pan over very low heat. Remove from heat and add the add 1-2 tsp of one or more of the congestion essential oils. Pour into containers until cooled and hardened. Cap and label.

DECONGESTANT ESSENTIAL OILS

- *Eucalyptus*
- *Ginger*
- *Mints*
- *Rosemary*
- *Lavender*
- *Wintergreen*
- *Ravintsara*
- *Frankincense*
- *Decongestant blend of choice, I like Breathe Easy or Breeze from REVIVE*

Congestion Blend:
30 drops ravensara
15 drops lemon
10 drops wintergreen
10 drops peppermint