

Sinus & Cough RELIEF

- Take a cup of steaming hot water, add the essential oils and breathe in steam through nose and mouth as long as you can tolerate. Works best if you hold a towel over your head and the bowl.
- Do this two times daily until symptoms are gone.

12 drops of Oregano essential oil
12 drops of Tea Tree essential oil
3 drops of Lemon essential oil
12 drops of Peppermint essential oil



Essential Oil Recipe Tea Tree

EW Minium



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