

CHEST RUB



North East Natural Health Centre Cooking Corner

CHEST RUB

— *Home Remedies* —

Apply to soles of your feet, back and chest at night.

2 tbs Coconut oil
2 tbs Olive Oil
20 drops of Eucalyptus Oil
15 Drops Rosemary Oil
15 Drops Tea Tree Oil
5 Drops Peppermint Oil

Directions:

Melt Coconut oil over low heat
Add Olive oil and stir
Take off heat and stir in Eucalyptus oil,
Rosemary Oil. Tea Tree oil and Peppermint
Oil
Pout into jar

Store for up to one year in your Herbal
medicine collection.