



NEAL'S YARD REMEDIES

Frankincense Throat & Chest Rub

Frankincense essential oil helps to soothe the mucous membranes, calm breathing, and can also ease coughs, sore throats, and bronchitis. It is blended here with other soothing oils to create a warming upper-body rub to help combat colds and congestion.

Ingredients (makes 30ml)

Sunflower oil
2 tbsp

Frankincense essential oil
7 drops

Cedarwood essential oil
5 drops

Lavender essential oil
3 drops

How to make

1. Mix all ingredients together in a bowl. Pour into a sterilized dark glass bottle. Seal with a cap or dropper.
2. Gently message into the chest, throat, and upper back. Allow the oil to absorb before you get dressed.

