



Diffuser Blends For Sore Throat



Here are 10 essential oils that can assist with a sore throat:

Peppermint, Eucalyptus, Lemon, Tea Tree, Lavender, Clove, Ravensara, Sage, Cinnamon, Rosemary

Soothe My Throat

2 drops Clove
2 drops Frankincense
2 drops Lemon
2 drops Peppermint

Throat Soother

4 drops Lemon
3 drops Frankincense
1 drop Tea Tree

Fight Back

2 drops Cinnamon Bark
2 drops Clove
2 drops Eucalyptus
2 drops Lemon
2 drops Rosemary

Throat Chakra Healing

2 drops Tea Tree
2 drops Rosemary
2 drops Sage

Throat Ease

4 drops Eucalyptus
2 drops Lavender
2 drops Ravensara

Calm Throat

4 drops Lemon
2 drops Eucalyptus
2 drops Peppermint

*Add essential oils recipes to diffuser with recommended water.

