



Melissa + Amy's tips to **FEEL BETTER NATURALLY**

STEAMY SINUS BOMBS *(NOT FOR WIMPS!)*

One Drop Each: Lemon, Peppermint, Melaleuca, Oregano

Add to steaming hot water and inhale - start 10 inches above the mug! Don't drink it!

THROAT SOOTHING MUG

1 onGuard drop or 1 Breathe drop

Mug of hot water

Stir and enjoy a soothed throat or airways.

TWO WAYS TO FLOOM *SERIOUS IMMUNE SUPPORT BOMB*

Veggie Capsule

One drop each: Frankincense, Oregano, onGuard, Tea Tree, and Lemon. Take internally 3x per day for 5-7 days

10 ML Roller Bottle

10 drops each: Frankincense, onGuard, Tea Tree, and Lemon with 5 drops Oregano. Top off with fractionated coconut oil. Apply to bottoms of feet and spine when immunity is challenged at least 3x per day.

BREATHE EASY

Ingredients:

2 tablespoons beeswax

1/2 cup coconut oil

60 drops Breathe essential oil

small tin or jar

Instructions:

In a double boiler, melt the beeswax and coconut oil together.

Drop in the Breathe essential oil and stir well. Carefully pour into small tin with lid or other jar with lid. Let cool before using.

Use as needed by rubbing pea-sized amount on chest.

