

Quiet Cough

VAPOR RUB DIY

WHAT YOU'LL NEED:

3 Tbsp carrier oil
0.5 oz Beeswax Pearls
36 drops Quiet Cough
2-oz tin or jar

WHAT YOU'LL DO:

Melt beeswax and carrier oil over a double boiler. Remove from heat, stir in Quiet Cough Essential Oil. Pour into a 2-oz tin and allow it to harden. Rub onto your chest to help soothe coughs and ease breathing.