

Homemade Vapor Rub

1/3 cup coconut oil - your favorite brand - We typically buy it from Coscto or Walmart.

5 - 10 drops YL Peppermint oil

5 - 10 drops YL Thieves oil

5 - 10 drops YL RC or YL Raven oil

Start by scooping the coconut oil into a small glass jelly jar.

Add the essential oils and mix well.

Rub on chest, back, and neck.

<https://www.youngliving.com/us/en?enrollerid=1786033>