**Vapor Rub Formula**

**1 part Eucalyptus oil**

**1 part Peppermint oil**

**4 parts olive oil**

Mix in a small bowl. **Rub on chest and back.** You can also rub on feet. Place bowl with remaining mixture near bed for additional relief.

**Link to my blog:**

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/06/vapor-rub-formula.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2018/01/vapor-rub-formula.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/vapor-rub-formula.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/04/vapor-rub-formula.html>