

# ESSENTIAL OIL BLEND - SINUS BUSTER

## INGREDIENTS:

4 drops Lemon Oil  
4 drops Peppermint Oil  
4 drops Lavender Oil  
4 drops Eucalyptus Oil  
Droppers & empty containers



## DIRECTIONS:

For bath and skin applications, dilute mixture with 1 to 2 ounces of carrier oil such as grapeseed, sweet almond or jojoba.