

Allergy Relief Blend with Essential Oils



Combine all oils in a small dish prior to soaking cotton inhaler insert.

Inhaler Blend

5 drops lemon (*Citrus limon*)

5 drops eucalyptus (*Eucalyptus globulus*)

5 drops Lavender (*Lavandula angustifolia*)

Breathe deeply through each nostril 3-5 times a day. Feel free to take the inhaler with you, but avoid exposing to heat (such as leaving it in a hot car).

Blend for Diffusing in a Small Space

4 ounces (120 ml) of water

4 drops lemon (*Citrus limon*)

4 drops eucalyptus (*Eucalyptus globulus*)

4 drops Lavender (*Lavandula angustifolia*)

Adjust the strength of the blend based on the room size and the proximity to the diffuser. This is a great blend for the bedroom to help you sleep better.

Note: *Do not apply essential oils directly to the skin without first diluting in a carrier oil.*