

# Clearing Congestion-Eucalyptus, Tea Tree and Lavender Oil Blend

## Shower Power

Get a 1 ounce spritzing bottle and put 5 drops of eucalyptus, tea tree and lavender oil. Fill the remainder of the bottle with distilled water. Spray the walls of your shower with this oil. As you shower, the oils will be able to infuse into your body and open you up. My sister introduced me to this. I love this method!

## Essential Oil Diffuser

Combine 10 drops of eucalyptus, tea tree and lavender oil in a container. Place 2-3 drops of this into a diffuser and breathe that in night and day. You can also take this oil blend and mix 1-2 drops to 1 tsp. carrier oil and massage this into the chest and back.

Recipe from Kelly Pomeroy

