

SEASONAL ALLERGY CARE



Essential Oil Blend

- 2 drops lemon
- 3 drops clove bud
- 2 drops peppermint
- 4 drops lavender
- 2 drops eucalyptus
- 2 drops Roman chamomile
- 1-2 drops benzoin
- 1 oz carrier oil



Blend together in a roller bottle.
Shake well before each use.

Integrative Nutrition Coaching