



Headache Rub



Our Headache Rub is a blend of Peppermint, Eucalyptus, Lavender, Frankincense and Rosemary Essential Oils in Almond Oil.

Rub on the temples, across the forehead and down the back of the neck, making sure to keep it out of the eyes.

Peppermint

Stimulates blood flow in the forehead, effectively alleviate a tension headache and reduces sensitivity during a headache.

Eucalyptus

Is an expectorant, clearing the nasal passages and relieving sinus pressure.

Lavender

Induces relaxation and relieves stress.

Frankincense

For stress relief, induces the feeling of peace, relaxation and satisfaction.
Fights anxiety.

Rosemary

Stimulating, anti-inflammatory and analgesic therefore calming and stress relieving.





Make it yourself at Home

In a 10ml Amber bottle place the following:

2 Drops Peppermint EO;
15 Drops Eucalyptus EO;
15 Drops Lavender EO;
15 Drops Frankincense EO;
15 Drops Rosemary EO; and
Fill up with Almond Oil.

