

# #oilforthat



Roll down the spine and in a butterfly pattern on the upper back. Add to the chest for additional support.

## Shower Discs

I'll admit it. I'm not a fan of bubble baths - I know, gasp. Know what I am a fan of though? Steam. When I'm stuffy? Steam infused with the goodness of RC. These shower discs are a staple in our home from now until March.

Preheat oven to 350 degrees. Line 10 cups of a muffin pan with muffin liners. Set aside. In a small bowl, mix together 2 1/2 C. baking soda and 1/2 C. water to form a putty. Evenly divide the baking soda mixture into the lined muffin cups. I filled mine a little more than half full. Bake for 20 minutes.

Allow to cool completely and then drop about 10 drops of RC onto each disk. Store in airtight container and 'drop' into the shower for a steamy, warm, invigorating wonderland.

R.C. is a powerhouse for our respiratory systems. It's not just "Respiratory Care" (RC), but provides relief for any sort of breathing issues.

Think of it as the Vick's of Essential Oils - only without petrochemicals!

RC is so popular that each person is only allowed one bottle per month. I start putting this in my order in July so I have enough for the oncoming cold and flu season!

R.C. is a wonderful blend of Cypress, Spruce, Myrtle, Marjoram, Pine, Lavender, Peppermint, and all three species of Eucalyptus - Blue, Radiata, and Globulus.

## Old School

Go old school. Get a pot with boiling water. Add 3-5 drops of RC.

Put a towel over your head, head over the pot, inhale for 10-15 minutes.



## Diffuser Recipes

Breathe: 2 RC & 2 Peppermint

Refreshing: 2 RC, 2 Peppermint, & 2 Lemon

Combat: 4 RC & 5 Thieves

Stop the Sniff 2 Drops RC, 2 Drops Thieves, & 2 Drops Lavender

## Breathe Again



Another Young Living product that contains R.C. is the "Breathe Again" roller. Breathe Again is made with equal parts RC, Dorado Azul, and Lemon.

Many folks get this roller for their asthmatic kiddos and report that it works AMAZING for those moments when the icky coughs arrive. It is also popular for use before (and thus, during) exercise - to keep the breathing passages open.

## Reflexology

Okay, so our mom's weren't totally crazy. It turns out putting crap on our feet DID in fact make us feel better. It's the same story with essential oils.

Reflexology is an alternative medicine that focuses on the application and pressure to feet, hands, and ears.

The theory behind reflexology is that these areas correspond to organs and systems of the body. So, go for it! Apply R.C. to your feet liberally.