

DIY Wellness Nasal Balm

Ingredients:

- New wooden chopstick or popsicle stick (or a wood or plastic utensil)
- Rose Ointment (or Animal Scents Ointment) from Young Living Essential Oils (YLEO)
- Egyptian Gold essential oil blend* from YLEO
- Exodus II EO blend** from YLEO



* Why these specific blends? These are best for keeping your body above the wellness line through the winter seasons. There are also different oils that might be best for changes of the seasons. Message me for more, you will love what you learn!

** Note, this is a spicy oil so if it gets too warm for your nose, you can add extra Rose Ointment or start with 1/2 the drops of the oil in your mixture.

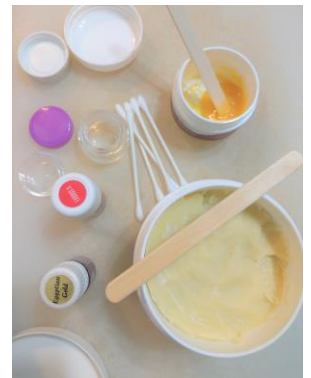
Remember friends, this is #RealLife, if you don't have all of the exact ingredients do your best with what you have, it's okay! Hit me up if you need substitution ideas.

Directions:

On a warm day, no need to gently heat to mildly melt the ointment in order to mix the extra oils in it (Rose Ointment is very soft, Animal Scents Ointment is much firmer, so try some of each if you want). Put some ointment in a clean container and add 4-6 drops of each oil, depending on the size of the batch that you are making. Stir together with a chopstick. Test, and add more oils if necessary. Each person is going to want to find a strong, but safe strength for their use, so just experiment!

Suggested Use:

Take a new cotton swab, get a little (just a tiny bit goes a long way) from your container on it and gently swab on the inside of your nostril. NO DOUBLE DIPPING! There are two sides to a cotton swab so one per nostril, please. And remember, you are not digging for gold, just on the lower area, you are not trying to hit your brain!



Adapted from a recipe from Danette Goodyear.

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