

Soothing Chest Rub, It's great for Throats too

Have you ever gone shopping and hear folks all around you sneezing and coughing? And well you get home from shopping and a day or two later – dog gone it – now you have that same cough.

You are congested in the head. You are congested in the chest. Your nose is all stuffy and you feel miserable. And if you have children it seems for the younger ones to always end up as 'croup'.

Of course eating chicken soup is good to help loosen up and relieve some pressure due to the congestion. The steam from the soup and the extra fluids will help to get the mucous flowing. The warm soup doesn't feel too bad on the throat – right?

When you were a kid your mother probably used a product similar to "Vick's Vaporub" on you. There are other versions of this type of 'rub' made by any number of companies. My mothers' favorite was "Medicated Ointment" by the Rawleigh Company which we still use on occasion. (Rawleigh is a company also known for its spices and extracts. They have some of the best ground cinnamon for baking – at least I think so! As I used to bake some of the best Cinnamon and Carmel rolls in the county!!)

Anyway, these 'rubs' to me, smelled awful, that is when you could smell them. But when you were feeling under the weather they weren't too bad. In fact, they made things easier to breathe and helped with the sore throat and tickle that made you keep coughing.

I always knew when I was getting over the cold as I didn't want her to rub that 'stinky' sticky stuff on me any more. Mostly I think it wasn't so much the smell that I didn't like, but the stickiness that the ointment left on my skin.

We had one of our good customers ask if we could help with a recipe to replicate the smell of these old time remedies. Since they have a combination of various naturally derived essences we came up with the following recipe.

We know they had a type of camphorous essential oil, Eucalyptus, Peppermint (menthol) and several other essential oils. So here is Penny's version of a combination of these, made as a diffuser blend – not as a sticky messy ointment that feels too gross. It smells close to the Medicated Ointment as I still have that in my cabinet. My recipe will be called:

Better than My Mom's Remedy when you have a cold!

[Rosemary](#) – 80 drops (or 4 mL)

[Eucalyptus Radiata](#)- 40 drops (or 2mL)

[Eucalyptus Globulus](#) – 40 drops (or 2mL)

[Peppermint](#) – 20 drops (or 1mL)

[Cedarwood](#) – 5 drops

[Nutmeg](#) – 5 drops

[Thyme Linalol](#) – 5 drops

[Pine Needle](#) - 5 drops

Blend all in a [glass bottle](#). Mix well then use in any [diffuser](#) or a [personal nasal inhaler](#).

This blend can also be mixed with a [lotion, cream](#) or [carrier oil](#) and applied to the skin. Mix no more than 36 drops per 2 ounces of carrier ([oil, lotion or cream](#)) which is about a 3% dilution (If using a carrier oil – suggestions would be [fractionated coconut oil or sunflower oil](#).)

If you will be using it on children between 5-12 years dilute it to about 20 drops per 2 ounces of carrier. Apply just a few drops of the mix to the chest. You won't need to use a ton – like you do of that sticky ointment! And if you mix it in a [lotion or cream](#) you won't feel all 'sticky' at all!

Caution: Due to the Eucalyptus and Peppermint in this blend do not use as massage oil on children or infants under 2 –and especially don not use on their chest.

Eucalyptus and Peppermints cooling vapors can cause young children to have a spasm occur that may block their airway. Also if used in young child's room – only diffuse a small amount – do not saturate the air.

Remember more is not better when it comes to the use of essential oils.

Now get your supplies and get ready as we already know that there are many cold bugs flying around the world!

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