Cough & Sore Throat Lozenges

Make your own lozenges! Homeopathic, herbal remedies have been used for centuries to treat the symptoms of the common cold.

For homemade lozenges, just make hard candy by following either the stove-top or microwave recipe. Flavor the candy with one of the flavoring combinations suggested below or create one of your own! Pour into a candy mold (such as Candy Discs, Hexagonal break-up mold, even the Teddy Bear Pieces mold for the kids) or make hard candy suckers using one of our many Lollipop Molds.

Interesting facts:

- LorAnn's Hot Chili Oil contains capsaicin (the compound in hot chilies that gives them heat). Studies have shown that capsaicin can lessen pain.
  - Click here to read about the healing power of hot peppers.

- Ginger Oil is an analgesic with anti-inflammatory properties

- Clove Oil is a natural germicide and antiseptic with soothing properties

- Menthol Eucalyptus is used in many over-the-counter lozenges to calm sore throats and control coughs.

Ingredients

Suggested flavor combinations (if using the microwave hard candy recipe, use half the amount of flavoring):

Ginger & Lime
1 to 2 teaspoons LorAnn Natural Ginger Oil
1/2 teaspoon LorAnn Natural Lime Oil

Ginger & Lemon
1 to 2 teaspoons LorAnn Natural Ginger Oil
1/2 teaspoon LorAnn Natural Lemon Oil

Hot Chili & Mango
1/2 teaspoon LorAnn Hot Chili Oil
1 dram (approx. 1 teaspoon) LorAnn Mango Flavoring
Clove & Cinnamon
1 - 2 teaspoons LorAnn Natural Clove Oil
1/2 teaspoon LorAnn Cinnamon Flavoring Oil

Menthol Eucalyptus
1- 2 teaspoons LorAnn Natural Menthol Eucalyptus Oil

Directions

See our [microwave hard candy recipe](#) or [stove top hard candy recipe](#), located under the Hard Candy Recipes section.