

# Essential Oil Blend - Sinus Buster

Suffering from stuffy, painful sinuses? Try this essential oil blend. Breathe in and let nature do its work! Try this blend in a roller ball, in a room diffuser or in the bath.

## Ingredients

4 drops Lemon oil  
4 drops Peppermint oil  
4 drops Lavender oil  
4 drops Eucalyptus oil

[Droppers & empty containers](#)

## Directions

For bath and skin applications, dilute mixture with 1 to 2 ounces of [carrier oil such as grapeseed, sweet almond or jojoba.](#)



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