

# Aromatic Chest Rub Recipe



This recipe is from my book Naked: Botanical Recipes for Vibrant Skin and Healthy Hair. The Aromatic Chest Rub is useful for coughs, congestion, colds, respiratory infections and bronchitis. This balm can be rubbed on the chest, back and neck. This formula has a high percentage of essential oils. If desired, you can reduce the drops for those with sensitive skin and small children.

To Your Health,

*Elaine* 

## INGREDIENTS

### Measure by Volume:

- 4 ounces almond oil
- 1/2 teaspoon Vitamin E oil
- 20 drops Eucalyptus radiata essential oil
- 20 drops thyme linalool essential oil
- 20 drops pine essential oil
- 20 drops lemon essential oil
- 20 drops peppermint essential oil
- 20 drops cypress essential oil

### Measure by Weight:

- 2 ounces shea butter
- 2 ounces coconut oil
- 1 ounce kokum butter
- .5 ounce beeswax

## YOU WILL NEED

- Double boiler
- Thermometer
- Measuring cup
- Scale
- Measuring spoons
- Salve jars
- Labels

# DIRECTIONS

1. To prevent graininess, heat the kokum and shea butters to 150°F (65 °C) in the double boiler if desired.
2. Add the beeswax and coconut oil and let melt, stirring well.
3. Add the almond oil and let heat until just melted, stirring well.
4. Remove from the heat and add the essential oils.
5. Pour into jars, cap and label.

# RESOURCES

To find out more about medicinal plants and herbal recipes, check out Green Path Herb School!

Website: [www.GreenPathHerbSchool.com](http://www.GreenPathHerbSchool.com)

YouTube: <http://www.youtube.com/user/greenpathherbschool>

Facebook: <https://www.facebook.com/Green.Path.Herb.School>

Pinterest: <http://pinterest.com/greenpathherb/boards/>

## **About Elaine:**

The author of several books on herbal medicine and healing, clinical herbalist Elaine Sheff has been passionate about sharing herbal knowledge for over 25 years. Her latest book is *Naked: Botanical Recipes for Vibrant Skin and Healthy Hair*. Elaine is the Co-Director of Green Path Herb School, located in Missoula, MT, where she strives to inspire and empower students and clients to remember their connection to the earth, the plants and their own healing process. As a certified Instructor of the Natural Family Planning and Fertility Awareness Methods, Elaine has helped many couples to avoid or achieve pregnancy naturally. An artist and writer, Elaine has written numerous articles about her family's journey with epilepsy and a special needs child. You can often find her bent over an herb in her garden or marveling at small flowers in mountain meadows with her husband and sons.



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