

# Calm that Cough

Therapeutic Grade **Fennel**



**You can ease that nasty cough by blending 2 to 3 drops of therapeutic fennel with your favorite local honey.**

# Natural Antihistamine

**Lavender**



**I am big on preventive care. So, if you're someone who suffers from allergies. My favorite way to use lavender is get a small roller ball bottle add your favorite carrier oil then add 6 drops of lavender. Apply behind the ear, on the wrist and even below your nostrils. You can do this throughout the day.**