



That's no fun vacation time or any other time! Here's a blend that some of my family members and clients have found helpful.

Use 4 drops of essential oil of lemon, 4 drops of ginger, and 3-4 drops of peppermint. Blend and use a few drops on a handkerchief or tissue and bring up to your nose when you are traveling or nauseated. You may also blend it in 1 oz. of carrier oil and massage it over the abdomen.

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