



AI-Powered Home & Garden



DIY Vapor Rub with Petroleum Jelly

Ingredients:

- 2 tbsp petroleum jelly (Vaseline or similar)
- 10 drops eucalyptus radiata (gentler than eucalyptus globulus)
- 6 drops peppermint (cooling relief)
- 4 drops lavender (calming and good for sleep)
- 2 drops tea tree (antimicrobial)
- 1/2 menthol crystal (crushed)

Instructions:

1. Warm the petroleum jelly slightly so it's easy to stir (microwave for 10–15 seconds or sit in warm water).
2. Add menthol crystal (it may help to crush the crystal to speed the dissolving process).
3. Add your essential oils and stir thoroughly to combine.
4. Pour into a small container with a lid (a cleaned lip balm or small jar works great).
5. Let it set at room temperature. Store with the lid tightly closed.

To Use:

- Rub a small amount on the chest, back, and bottoms of feet.
- Avoid near the nose, eyes, and any broken skin.
- Reapply before bed and as needed throughout the day.

Safety Notes:

- Always use eucalyptus radiata instead of eucalyptus globulus for kids and teens—it's gentler on the respiratory system.
- Essential oils are powerful—don't exceed the recommended drops.
- Do a patch test first to make sure there's no skin irritation.