DIY Congestion Rub Recipe

Categories: Homesteading

Everyone knows about Vicks Vapour Rub! If you were like me as a child, your chest and back was covered in the stuff whenever you had a cold...

Vicks does the job, but there is no getting away from the fact it is petroleum based. If you want to make your own natural version of Vicks (without the petroleum) check out the link below for the recipe.

DIY Congestion Rub