Chest & Sinus Vapor Salve - Breathe Easy

DESCRIPTION

Open Up, Breathe Deep, Rest Easy

Breathe Easy is a warming-cooling chest and sinus salve for the days when your head is stuffed, your chest is tight, and every breath takes effort. Rub it on, breathe in, and feel the eucalyptus and peppermint go to work — opening the nose, loosening the chest, and letting you sleep through the night.

The idea behind it is older than any pharmacy. Aboriginal Australians crushed eucalyptus leaves and breathed their vapor for colds and fevers. Ayurvedic healers in South India still rub *Nilgiri tailam* — eucalyptus oil from the Nilgiri hills — into the chest to clear congestion. And Chinese medicine has used peppermint for more than a thousand years to release a cold that has settled in the head and throat. Three traditions, three continents, the same two plants.

Crafted with intention:

> ***The base:*** *Olive Oil infused with Eucalyptus leaf, set with pure Beeswax.*
> ***The aromatic blend:*** *Eucalyptus and Peppermint essential oils, plus our own Breathe Easy essential oil blend.*

Why it works:

- **Eucalyptus** is rich in **1,8-cineole (eucalyptol)**, a compound studied for thinning mucus and calming inflamed airways. It is the reason eucalyptus has been the heart of chest rubs for over a century.
- **Peppermint** brings **menthol**, which switches on the cold receptors in your nose and throat. The result is the instant feeling of cool, open airflow.
- In a study of children with a cold and a night-time cough, a menthol-and-eucalyptus vapor rub did better than plain petroleum jelly or nothing at all at easing the cough, the congestion and the lost sleep — for the children and for their parents. (Paul et al., Pediatrics, 2010)

- **Olive oil and beeswax** hold the oils against warm skin, so they release slowly with your body heat for hours instead of evaporating in minutes.

The Chinese medicine view: a stuffy head, sore throat and tight chest at the start of a cold is *Wind invading the Lung*. Peppermint (*Bò He*, ??) is pungent and cool — it disperses Wind-Heat, clears the head and eyes and soothes the throat. Eucalyptus leaf (*?n Shù Yè*, ???) is pungent and bitter, enters the Lung, and clears Heat and phlegm. Both are pungent, and in TCM the pungent taste is the one that opens and disperses — which is exactly what a blocked chest needs.

Use it for:

- **Chest congestion & cough** — rub onto the chest and upper back
- **Stuffy nose & sinus pressure** — a small amount under the collarbones and on the sides of the neck, then breathe deep
- **Better sleep while you're sick** — apply before bed so the vapor works through the night
- **Tension headaches** — a tiny dab on the temples and back of the neck (keep away from the eyes)
- **Sore, tired muscles** — the same cooling-warming oils that open the chest also ease achy shoulders and neck

How to use: warm a small amount between your fingers and massage into the chest, upper back, and throat area. Breathe deeply. Reapply up to 3 times a day, and before sleep. For a steam: melt a fingertip of salve into a bowl of hot water, lean over it with a towel over your head, and breathe the vapor for 5–10 minutes with your eyes closed.

Handcrafted to order in small batches by a small team of skilled herbal professionals — plants, oil and beeswax, and nothing else.

Disclaimer

Breathe Easy is a handcrafted herbal preparation for topical use. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

We recommend working with a qualified integrative healthcare professional, especially if you are pregnant, nursing, have asthma or sensitive skin, a medical condition, or take any medications.

Important Safety Information:

- For **external use only**. Do not ingest.
- **Not for babies or children under 2.** Menthol and eucalyptus near the face of a small child can trigger breathing trouble. For older children, apply to the chest and back only — never on or under the nose.

- Keep away from the **eyes, inside the nose, and other mucous membranes**. Wash your hands after applying.
- Apply only to **intact, unbroken skin**. Perform a **patch test** before first use.
- If you have **asthma**, strong aromas can sometimes trigger symptoms — try a small amount first.
- **Discontinue use** if you experience irritation, redness, or discomfort.
- Keep out of reach of children. Store in a cool, dry place.

Ingredients are natural, but individual sensitivities can occur. Results may vary. Always use as directed.

? https://allnaturals.shop/products/breathe-easy-chest-sinus-vapor-salve