

## Cabinet Creations

# Deep Winter Chest Rub

Clears congestion • Eases tension • Supports breathing

Prep: 15 min

Set: 30-45 min

### Ingredients

- ½ cup pine-infused olive oil
- (olive oil infused with pine needles or spruce tips)
- 2 tablespoons beeswax pastilles
- 1 teaspoon menthol crystals
- 8 drops pine essential oil
- 6 drops eucalyptus essential oil
- 4 drops lavender essential oil

(Optional: 2 drops black pepper essential oil for deeper warmth)

### Method

- In a double boiler, gently warm the pine-infused oil.
- Add beeswax and stir until fully melted.
- Add menthol crystals and stir until completely dissolved.
- Remove from heat and allow to cool slightly.
- Add essential oils and stir slowly.
- Pour into a glass jar or tin.
- Let set fully before sealing.

### Apothecary Notes

- Menthol acts as a messenger – signaling the body to open the breath and release congestion through cool-warm contrast.
- Pine carries the forest to the chest, traditionally used to clear winter heaviness and support the lungs in cold, damp air.
- Apply with intention, using only a small amount to allow the medicine to move without overwhelming sensitive tissues.
- Best paired with rest, steam, and warm infusions, honoring the body's need to soften before it clears.