

Herbal First Aid Kit Packing List:

- Instruction sheet
- Band-Aids
- 4 inch Vetrap (for sprains)
- Sliver tweezers
- Emergen-C
- Lavender-tea tree roll On
- Candied ginger
- Sunburn tea
- Sleepy bedtime tea
- Mullein earache oil
- Peppermint – lavender headache roll on
- Immune boost inhaler



Use Instructions:

Lavender-Tea Tree roll on

Use for bites, scratches, cut, scrapes, and stings. Wash wound and stop bleeding first. Then use this roll on to ease pain, disinfect, and stop itching. Speeds wound healing. Use as often as needed.

Candied ginger

Use for nausea, travel sickness, vomiting, upset stomach, indigestion, sore throats, and period cramping. Suck or chew ginger slowly to alleviate motion sickness. Use as often as necessary.

Sunburn tea:

Place tea bag in a heat proof mug. Pour boiling water over the tea bag. Cover and let steep at least 15 minutes. Cool to room temperature. Use a cotton pad to sponge the tea over the sun burn or put the tea into a spray bottle and spray on the sun burn, lightly. Helps prevent skin damage if used immediately after sun burning. Also can be used on hot, itchy rashes and eczema. Use as often as needed.

Sleepy bedtime tea

Place tea bag in a heat proof mug. Pour boiling water over the tea bag. Cover and let steep at least 15 minutes. Drink it while it is warm.

Useful for indigestion, anxiety, sleeplessness, jet lag. Drink as often as needed. Won't cause hang over.

Earache oil

Warm the bottle in a mug of hot water for 15 minutes. Drop 1 or 2 drops in each ear. Use a cotton ball or wadded tissue paper to keep the oil in the ear. Use as often as needed for swimmer's ear, earache, and ear pain. If the pain persists talk to your doctor.

Peppermint - Lavender Headache Roll On

Roll along the hairline, being careful to avoid the eye area. For headache, tension headaches, pain, and sinus congestion.

Immune Boost Inhaler

Breathe in the inhaler vapors during air travel to boost your immune system and fight airborne viruses and bacteria that are recirculated in the airplane cabin during long flights. Use as often as necessary.