

Informed Self Care



dōTERRA On Guard® Throat Spray

Recipe

Supplies:

- 6 drops dōTERRA On Guard Protective Blend
- 5 drops Lemon essential oil
- 2 tablespoons distilled water
- 1-ounce spray bottle

Instructions:

- 1** Mix all the ingredients in the spray bottle.
- 2** Replace the bottle cap and shake well.
- 3** Spritz 1–2 times in the back of the throat.

