

Natural Teething Relief: Essential Oil Teething Blend

Ingredients

1-2 drops of [Lavender](#) essential oil ([where to buy](#))

1-2 drops of [White Fir](#) essential oil ([where to buy](#))

10 ml [Fractionated coconut oil](#) - (where to buy)

10 ml roller bottle

Directions:

Add essential oils to a roller bottle and fill with fractionated coconut oil. Roll blend along the outside of the jawline as needed.