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happyhealthyhotmess I honestly NEVER saw myself using essential oils like this - but here we are 😊

Over the weekend we went on an early morning hike, and it turned out to be WAY colder than I had dressed for...enter the next day sniffing, sneezing, sore throat and sinus headaches 😞

And let's be honest, it's scary AF to get a cold right now 😬

Years ago I would've doped myself up with some NyQuil and been down for the count for the day, but instead I tried using this little bottle instead and woke up good as new!



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I usually add a drop of OnGuard to my toothbrush before toothpaste for an extra bit of clean, but Sunday I started popping a couple of drops directly in my mouth then knocking back some water every couple hours and it worked it's magic 🤗

The best part of it was the clove works as an analgesic, so it was almost INSTANT relief of my sore throat 🤝

What's something you never thought you'd do/use/get into that you've ended up pulling a full 180 and driving into?



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