

20 Uses for Vicks Vapor Rub

Here is the printable chart of all the uses for Vick's Vapor Rub. Laminate it for safe keeping!

- Moisturizes the skin. Vick's, rubbed into dry patches of skin can bring those areas back up to par over a short period of time.
- Mixed with table salt, Vick's Vapor Rub can reduce the healing time with your insect bites.
- Rubbing Vick's on the walls and doors where your cat is scratching will deter your cat from doing so as cats can't stand the smell.
- Keeps mosquitos away when rubbed on your clothes before going outside.
- Breathing Vick's Vapor Rub directly from the jar can eliminate a sinus headache within seconds.
- Vick's gets rid of chest congestion.
- If your animals are urinating in the house just place some Vick's Vapor Rub on the spot and they will stay away.
- Speeds up the recovery time when rubbed on cuts and splinters.
- Do you have warts? If you apply Vick's over the wart, cover with gauze 2x a day, the wart will disappear in about 2 weeks.
- Rubbing Vick's Vapor Rub on stretch marks daily will gradually make them less visible.
- Rubbing over troubled spots gets rid of the itchiness and inflammation related to eczema.
- Dries out pimples in no time. Just apply to a pimple before going to bed.
- Jockeys dab a bit of Vick's Vapor Rub below the male horse's nostrils before a race to avoid smelling the scent of the female horse.
- Apply Vick's to your nail bed two times a day to eliminate nail fungus.
- Relieves tennis elbow when rubbed into the elbow area.
- Heals cracked heels by applying a decent amount on heels of feet and covering with a cotton sock before bedtime. (follow up with a pumice stone in the morning.)
- Rubbing into your feet 2 to 3x daily can eliminate Athletes Foot.
- Can stop earache pain. Place a small amount of Vick's Vapor Rub onto a cotton ball and place inside the ear for a few hours.
- Placing Vick's under the eyes can make you cry. Great way to get that sentimental role in that play!
- Placing Vick's on sore muscles covered with a warm compress soothes achy muscles.