

Vocal Hygiene Products

Herbal Tea: Licorice root is great for the voice (Licorice Spice is my favorite)

Throat Coat, Throat Comfort (use honey as sugar substitute if needed)



Lozenges: Luden's (Cherry or Berry Assortment), Halls Breezers (sugar free) or Vitamin C drops, Thayers Slippery Elm



Sprays: Vocal-eze Throat Spray, Entertainer's Secret, Singer's Saving Grace, Throat & Voice

