

Aura Cacia®



pure aromatherapy



NATURAL CHEST RUB FOR KIDS

INGREDIENTS:

- 1 tablespoon beeswax
- 3 tablespoons organic jojoba oil
- 6 drops lavender essential oil
- 5 drops eucalyptus essential oil
- 1 drop peppermint essential oil

DIRECTIONS:

Place ingredients in a small glass Pyrex measuring cup. Stand in a water bath inside a saucepan. Gradually simmer the water until the beeswax melts into the jojoba oil. Remove from heat and allow to cool until the mixture begins to turn slightly hazy. Stir in the essential oils and pour into a small jar or tin and allow to set up. Apply to chest whenever needed.

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