Aura Cacia®

pure aromatherapy

Relaxing & Warming Body Balm

Ingredients:

4 drops balsam fir needle essential oil
3 drops camphor essential oil
2 drops nutmeg essential oil
3 tablespoons coconut oil

Directions:

Measure out coconut oil into small bowl. Add essential oils. Mix the oils together and warm in hands before massaging over body.

For more recipes visit www.auracacia.com