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NATURAL MUSCLE RUB

Ingredients

- ✔ 2 oz. Glass Salve Jar
- ✔ 2 oz. Mama Z's Salve Base OR Mama Z's Oil Base
- ✔ 22 drops White Fir Essential Oil
- ✔ 20 drops Wintergreen Essential Oil
- ✔ 10 drops Peppermint Essential Oil
- ✔ 8 drops Lemongrass Essential Oil OR Roman Chamomile Essential Oil



Instructions

- Mix essential oils into the base of your choice and store finished product in a glass jar.

Note: This is a 4.8% dilution rate so you wouldn't want to use this for a full-body application or massage oil, rather to spot treat specific muscles that were strained and sore. If you find this is too strong for your skin or you prefer a lower dilution simply add an additional ounce of carrier oil.

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