



# HAND SALVE

With a texture similar to that of petroleum jelly, this essential oil soothing salve can be customized to meet your needs. Try adding doTERRA Breathe to help maintain feelings of clear airways, doTERRA Serenity or Lavender to promote a good night of rest, or Citrus Bliss for an invigorating moisturizer.

## Ingredients

- ½ cup grapeseed oil
- ½ cup almond oil
- 2 tablespoons beeswax
- ½ tablespoon vitamin E oil
- 5 drops Lavender oil
- 5 drops Cypress oil
- 5 drops Melaleuca oil
- 5 drops Frankincense oil
- 5 drops Eucalyptus oil

*Some alternative combinations are: cypress, eucalyptus, frankincense, geranium and melaleuca, petitgrain, myrrh, cypress, frankincense and geranium.*

## Instructions

Melt beeswax in double boiler. Once melted, add grapeseed, almond, and vitamin E oil until melted. Once combined, set aside for two to three minutes. Add essential oils and stir. Pour in container and allow to set for two hours. To use, apply to skin or on chest.