

DIY All Day Defense Chest Rub

Things You'll Need

- SHEA BUTTER (4 OZ)
- WOODEN STICKS
- MYRRH OIL
- EUCALYPTUS OIL

The Recipe:

1. Open a 4 oz container of Shea Butter (Don't lose the top!)
2. Add 15 drops of Myrrh and 20 drops of Eucalyptus.
3. Slowly mix/blend the oils with the Shea Butter for 30-45 seconds.
4. Cap it until you're ready to use it.

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