

Arthritis Massage Oil

Ingredients:

- ½ cup olive oil
- 10 drops wintergreen essential oil
- 10 drops rosemary essential oil
- 10 drops ginger essential oil
- 5 drops sandalwood essential oil
- 5 drops frankincense essential oil
- 5 drops myrrh essential oil
- Pinch of dry mustard

Directions:

Combine all ingredients and shake well

Mustard is warming and reviving to help relax tight cramped muscles frequently associated with joint pain. Ginger stimulates circulation and increasing blood flow.