

Arthritis Relief Lotion with Frankincense and Myrrh

Ingredients:

- ¼ cup olive oil
- ¼ cup coconut oil
- ¼ cup beeswax
- ¼ cup shea butter
- 20 drops frankincense essential oil
- 20 drops myrrh essential oil



Directions:

1. Using a double boiler set-up, melt the beeswax.
2. Add the olive and coconut oils, and the shea butter and warm gently until everything is melted.
3. Remove from the heat and add the essential oils.
4. Pour into jars with lids. Don't forget to label your jars!
5. Store in a cool place.

Apply to painful areas as needed.