

Sore Muscle Cream

Fill an 8 ounce jar half full of aloe vera 100% gel. (the clear gel not green gel)

Into the jar add:

2 teaspoons of almond oil

10 drops of chamomile essential oil

10 drops of eucalyptus essential oil

15 drops of lavender essential oil

15 drops of black pepper essential oil

15 drops of peppermint essential oil

20 drops of rosemary essential oil

20 drops of juniper essential oil

I also add these Bach Flower Remedies:

4 drops of Rescue Remedy

4 drops of vine

4 drops of rock water

4 drops of beech

4 drops of impatiens

Add distilled water to top off the jar. Stir till the cream gets thick and the oils are well mixed in. Store away from sunlight. Keep the lid on when not in use.

Shake well before each use.