

## Peppermint Cypress pain rub

makes about 4 ounces

4 oz JoJoba oil

20 drops peppermint essential oil

10 drops Cypress essential oil

1. in a small bottle or jar with a tight fitting lid, combine the jojoba oil with Peppermint and Cypress essential oils. Secure the lid and shake well to blend.
2. Massage 1 teaspoon of the blend into your lower abdomen, then massage another teaspoon of the blend into your lower back. Repeat twice daily or as needed

### Storage

Keep in a cool, dark place.

### Tip

This blend works wonders when applied to overworked feet. After bathing or showering, apply half a teaspoon to each foot, massaging well.

The portable essential oils by Anne Kennedy