



Restless Legs Rub

WHAT YOU'LL NEED:

14 drops Frankincense Serrata

12 drops Lavender

10 drops Roman Chamomile

2 oz Unscented Body Lotion

2 oz Container

WHAT YOU'LL DO:

Add essential oils to an unscented body lotion and mix well. Gently massage onto your legs 1-2 times a day.