

# DAD'S MUSCLE RUB DIY



## WHAT YOU'LL NEED:

- .5 oz Beeswax Pearls
- 1.5 oz Fractionated Coconut Oil
- 15 drops Black Spruce
- 15 drops Scots Pine
- 12 drops Black Pepper
- 12 drops Camphor
- 2 oz tin

## WHAT YOU'LL DO:

Melt Beeswax Pearls and Fractionated Coconut Oil over a double boiler. Remove from heat, add essential oils and stir well. Pour into an empty 2 oz tin and allow to cool. Massage onto muscles.