



Bergamot Bedtime Aromatherapy Balm

Balm infused with sleepy time essential oils.

Ingredients

- 80 grams Organic Babassu Oil
- 40 grams Organic Nilotica Shea Butter
- 20 drops Organic Bergamot Essential Oil, FCF (furanocoumarin free)
- 20 drops Organic Lavandin Grosso Essential Oil
- 20 drops Organic Roman Chamomile Essential Oil
- 10 drops Organic Cedarwood Essential Oil
- 10 drops Spearmint Essential Oil
- 10 drops Juniper Essential Oil
- 10 drops Ylang Ylang Essential Oil

Makes about 240 ml (4 ounces)

Directions:

1. Combine babassu oil and Nilotica shea butter in double boiler and heat until fully melted.
2. Turn off burner and hold double boiler in hot water for 15 minutes.
3. Remove from heat, let sit for 5 minutes, then add essential oils. Mix well to blend.
4. Transfer to jars, cap securely, and place in refrigerator immediately.
5. Allow balms to fully cool and harden before use.

Usage & Packaging:

- We packaged our balms in Flint Glass Jars. They would also look gorgeous in Cobalt Glass Jars or in our high density plastic PET Jars.
- To use, warm a generous dab of balm between your palms. Rub melted balm onto skin as you would massage oil.

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