

Homemade Frankincense and Myrrh Lotion

Total Time: 90 minutes

Serves: 30

INGREDIENTS:

- 1/4 cup olive oil
- 1/4 cup coconut oil
- 1/4 cup bees wax
- 1/4 cup shea butter
- 2 tbsp Vitamin E
- 20 drops frankincense essential oil
- 20 drops myrrh essential oil
- BPA free plastic lotion dispenser bottles

DIRECTIONS:

1. Put olive oil, coconut oil, beeswax and shea butter in glass bowl then place that bowl in sauce pan with water.
2. Heat stove to medium and mix ingredients together
3. Once mixed put in refrigerator for an hour until solid
4. With a regular mixer or hand mixer beat the mixture until it is whipped and fluffy. Then add essential oils and vitamin E and mix
5. Fill container and store in cool place

Reference: <https://draxe.com/homemade-frankincense-myrrh-lotion/>