

Ingredients:

Herb infused oil (not Essential Oils)

Calendula Oil - 1.5 parts

Chickweed Oil - 1 part

Violet Oil - 1 part

Poke Root Oil - 1/2 part

Essential Oils

Lavender EO 1% of blend

Frankincense EO 1% of blend

Bergamot EO 1/2% of blend

Directions:

Combine all the above Oil ingredients.
To make into a salve. Take the amount of
oil you made and double that for the
amount of Shea Butter, Coconut Oil or
Cocoa Butter. If you would like your salve
to be a little harder you can just add more
butter or some beeswax.

Enjoy

BREAST

HEALTH

This oil/salve keeps the lymph
flowing in the breast tissue. Helpful
just as a general breast health oil.