



## MAGNESIUM BOBY BUTTER

In this recipe the magnesium flakes will assist with skin hydration, improving circulation, relieving stress, treating foot fungus, eliminating odours, and relieving muscle aches and cramping.

In a glass mixing bowl:

- Add 1/2 cup of Mg flakes
- 3 tbsp of boiling distilled water
- Mix until dissolved & set aside

In a glass bowl over boiling pot:

- Heat 2 tbsp of bees wax
- 3 tbsp of shea butter
- 1/4 cup of coconut oil
- Leave to solidify for 30 minutes

Using electric hand mixer blend the Mg oil and the hardened oils until cream is formed.

Add in your favourite mixture of essential oil and blend a little more.

Keep in a airtight glass jar, preferably in the refrigerator. Always use a spoon (to ensure within 4 weeks).

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