



Anti-Swelling Oil Blend

Ingredients for a 10 ml roller bottle:

- 4 drops Frankincense
- 3 drops Copaiba
- 3 drops Helichrysum
- 2 drops Lavender
- 1 drop Peppermint
- ¾ full of Carrier Oil: Fractionated Coconut Oil or Jojoba Oil

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Natural Remedies & Benefits

Trish's Tried & True

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