



DIY

Lotion

Keep it simple with just coconut, argon, or olive oil if you want. Then spend some time creating lotion mixes that you enjoy and nourish your skin.

- $\frac{1}{3}$ c. virgin coconut oil
- 1 Tbsp. filtered water
- 1 tsp. brown rice flour or colloidal flour
- 1 tsp. Honey
- few drops essential oils

Heat oil slightly on stove until melted

Stir in other ingredients

Pour into 4 oz. glass jar

Shake or stir occasionally until set