

Headache-Banishing Balm

Recipe by Melanie Richard Maxwell from Joyous Health

JOYOUS HEALTH

Ingredients:

- 1oz of carrier oil (almond, grapeseed, avocado, or fractionated coconut oil are all good options)
- 0.5oz beeswax
- 6 drops of lavender essential oil
- 20 drops of peppermint essential oil



Instructions:

1. In a double-boiler, or a heat-safe bowl placed on top of a pot of boiling water, heat together the beeswax and carrier oil until fully melted. Remove from the heat and whisk in the essential oils.
2. Quickly pour into a clean container. You can use anything that will hold about 2 tablespoons of liquid; a recycled baby food jar or a couple lip balm tubes work well. Let it cool until completely solidified.
3. To use, rub your finger on the balm then massage onto your temples. If you used a lip balm tube, you can apply the balm directly. You'll feel a cooling sensation that will help soothe your headache pain. Rub temples as needed to reactivate the balm.