




# PINE AND PEPPERMINT HEADACHE RELIEF BALM

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## INGREDIENTS:

 Available for purchase in the PureFormulas Store

- 15 drops peppermint oil 
- 5 drops pine oil 
- 1/2 cup coconut oil 
- 1/4 cup beeswax

## DIRECTIONS:

1. Melt beeswax and coconut oil by filling a small pot with hot water and then place a container with the wax and oil into it.
2. Add the peppermint and pine essential oils to the melted mixture.
3. Mix ingredients, and allow to cool.
4. Use as needed!