

Make your own body mists



What you need:

- Fragrance or essential oil
- Spring water
- Witch hazel
- Container with leak-proof cap
- Eye dropper

Instructions: Pour 8 oz. of spring water into a leak proof container. With your eye dropper, add 16 drops of fragrance or essential oil to the water. If you are combining more than one fragrance then you will want to shake the bottle vigorously for 20 seconds after each drop if added. If you are adding 16 drops of the same oil than you will only need to shake the bottle once after adding all 16 drops. After you added all the oil, pour in 1 tablespoon of witch hazel. Shake the bottle vigorously for 30-40 seconds. Add coloring or dyes to your desire.

Shake your body mist in the bottle twice everyday, 20 seconds each day, for four days. At the end of the fourth day period you will have completed a body mist.



Order pre-made body mists today! M-270 Set of twelve for \$19.50.

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