

## **Multi-Use Massage Oil**

### **Ingredients**

- 1/4 cup infused MCT oil\*
- 3 tablespoons sweet almond oil
- 3 tablespoons jojoba oil

### **Instructions**

- In a mason jar, combine the MCT oil, jojoba oil and almond oil. Stir to combine thoroughly.
- Using a funnel, pour the massage oil into smaller amber bottle with a dropper top. Add a few drops of your favourite essential oils.

Essential oils to consider: ylang ylang, cedarwood, citrus, eucalyptus, peppermint, rosemary, vanilla. Follow your nose.

\* I used 14grams of CBD rich shake/trim for 2 cups of MCT oil. You could use less if using dried flower (ie. 7 grams for 2 cups MCT).

### **Notes**