

Cuticle Care

Now that fall is here and most everyone is done gardening, it is time to do a little pampering of those finger nails and cuticles.

They have been used and abused throughout the summer and fall. Hang nails may be rearing their painful tags too.

To pamper yourself: give yourself a mini manicure. Start by mixing a few drops of essential oil (no more than 10 drops total) into an ounce of Jojoba and Sweet Almond oil.

Heat this blend in a small bottle placed in a bowl of hot tap water. Once warmed you can then pour it into your fingertip bowl. Soak your finger tips and nails in this blend for about 15 minutes. Wash off normally and proceed with your manicure.

Essential Oils that work great mixed in your Jojoba and Sweet almond oil include: Lavender, Myrrh, Frankincense, Carrotseed oil, Rose otto, Sandalwood. But only mix a couple of these in your cuticle care blend. You may have your own favorite essential oils that you know work better for your skin type. By all means, you may want and should use a few of those in your blend for your cuticle care.

If you don't have time to give yourself a manicure you can at least massage a few drops into your cuticles and hands a few times a week. You do not have to wash this small amount off, just let it soak in. Ideally do this at bedtime when you won't have to wash your hands for a few hours.

Before you know it your hands and nails will look beautiful once again!

Cuticle Care

Jojoba - 1 ounce

Sweet Almond - 1 ounce

Clary Sage - 6 drops

Lavender - 6 drops

Geranium - 3 drops

Rosemary - 3 drops

Lemon - 3 drops

Blend all well, then apply a drop to each fingernail and massage into and around the nail and cuticle at bedtime. Good to apply this blend especially after your hands have been exposed to water, dirt and harsh chemicals.

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Aromatherapy Tip of the Week

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