

# PAMPER YOUR MAN

## RECIPES

### BEARD OIL

Fill 1 oz glass bottle with a dropper top nearly full of FCO

Add:

- 4 drops CEDARWOOD
- 4 drops SANDALWOOD
- 4 drops ROSEMARY

### INVIGORATING AFTER SHAVE SPRAY

- 2 parts fractionated coconut oil
- 1 part witch hazel

- 10 drops MELALEUCA
- 10 drops EUCALYPTUS
- 10 drops JUNIPER BERRY
- 10 drops PETITGRAIN

Combine in a 2 oz spray bottle

### HAIR WAX

(ROUND LABEL  
TO PUT ON TOP OF TIN)

- 3/4 oz beeswax
- 1/2 oz shea butter
- 3/4 oz FCO

- 10 drops PEPPERMINT
- 10 drops ROSEMARY

Add to tin

### WORKOUT RELIEF ROLLER

- 20 drops PEPPERMINT
- 20 drops COPAIBA
- 12 drops WINTERGREEN
- 12 drops BLACK PEPPER

Top with FCO in 10 mL roller bottle

### HEALTHY BOYS ROLLER

- 15 drops ROSEMARY
- 15 drops FRANKINCENSE
- 15 drops MYRRH

Top with FCO in 10 mL roller bottle

### COLOGNE ROLLER

- 20 drops CEDARWOOD
- 12 drops BERGAMOT
- 9 drops SANDALWOOD

Top with FCO in 10 mL roller bottle

### SNORE NO MORE ROLLER

- 20 drops BREATHE
- 10 drops MARJORAM
- 10 drops LAVENDER
- 5 drops CEDARWOOD

Top with FCO in 10 mL roller bottle

### CUT AND CONFIDENT ROLLER

- 20 drops CLARY SAGE
- 10 drops SANDALWOOD
- 10 drops YLANG YLANG

Apply topically on lower abdomen twice daily for hormonal balance

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