

# SPOTLIGHT OIL OF THE WEEK

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## SPRUCE BLACK JOINT SUPPORT LOTION

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### *What you'll need:*

**2 ounces Olive Lotion Base**

**16 drops Spruce Black**

**16 drops Lavandin**

**14 drops Cedarwood Atlas**

**8 drops Frankincense Serrata**

### *What you'll do:*

**Measure out 2 ounces of Unscented Olive Lotion.**

**Add essential oils and mix well.**

**Pour into a 2-ounce bottle and apply to sore,  
achy joints as-needed.**

*KidSafe:* **No**