



Harriet Herbery

Calming Tummy Massage Oil

In a 100ml bottle add
8 drops of ginger essential oil
12 drops of Roman Chamomile essential oil
8 drops of spikenard essential oil
18 drops of sweet orange essential oil
Top up the bottle with carrier/vegetable oil

Mix gently and massage into tummy or lower back.
Perfect for calming after a heavy meal or when we
have butterflies or a jittery tummy.

Discontinue use if irritation occurs.

Store away from children.

Do not ingest.

We do not recommend these recipe suggestions as a replacement for traditional medicine.

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