

NAIL CARE TIPS + TRICKS

NAIL SUPPORTING ESSENTIAL OIL BLENDS

✦✦ nail strengthening blend

MAKE IN EMPTY CUTICLE PEN OR ROLLER BOTTLE

- 6 drops frankincense essential oil
- 6 drops lemon essential oil
- 6 drops lavender essential oil
- 2 tsp jojoba oil
- ½ tsp vitamin e oil

✦✦ growth blend

MAKE IN EMPTY CUTICLE PEN OR ROLLER BOTTLE

- 6 drops tea tree essential oil
- 6 drops lemon essential oil
- 6 drops rosemary essential oil
- 2 tsp rose hip seed oil
- ½ tsp vitamin e oil

✦✦ brittle nail blend

MAKE IN EMPTY CUTICLE PEN OR ROLLER BOTTLE

- 6 drops grapefruit essential oil
- 6 drops lemon essential oil
- 4 drops eucalyptus essential oil
- 2 tsp almond oil



✦✦ hand scrub

COMBINE BELOW IN AN AIRTIGHT CONTAINER

- 1 cup granulated sugar
- 3 t coarse sea salt
- ½ cup coconut oil
- 4 drops vitamin e oil
- 10 drops oils of your choice

✦✦ supplement tips:

NAILS CONSIST OF A TOUGH PROTEIN CALLED KERATIN, WHICH IS HIGH IN SULFUR. MIX IN SULFURYZME TO YOUR SUPPLEMENT ROUTINE TO PROTECT NAILS FROM BREAKAGE AND HELP ENCOURAGE GROWTH! THIS IS AVAILABLE IN POWDER OR PILL FORM.

✦✦ polish tip:

CHOOSE NAIL POLISH AND POLISH REMOVERS THAT ARE NON TOXIC AND 7 FREE! WE LOVE OLIVE AND JUNE!