

Nourishing Nail & Cuticle Oil

1.5 oz Argan Oil
1 oz Jojoba Oil
0.5 oz Castor Oil
0.2 oz Vitamin E Oil
20 drops Frankincense Essential Oil
20 drops Lemon Oil

Makes about 4 oz

Blend together all the oils until combined. Pour into glass dropper bottles. Use a small amount and massage onto clean nails and cuticles as needed.

Argan Oil provides a good source of linoleic and oleic fatty acids. It also boasts high levels of vitamin E.

Jojoba oil's absorbent properties make it a great blend with moisturizing and antifungal vitamin E for nail health.

Castor Oil -fatty acids in castor oil makes it a great moisturiser and an ultimate source of hydration for dry and damaged nails

Vitamin E is a super-antioxidant prized for its ability to heal and protect skin.

Frankincense essential oil helps moisturize nails so that they can grow longer and stronger.

Lemon essential oil can not only soften the cuticles, but it also promotes nail growth by fighting fungus known to slow down nail growth.

Original recipe from www.brambleberry.com

