

Acne Cleanser

Ingredients:

- 1 tbsp. Jojoba or Almond Oil
- 3 drops Tea Tree Essential Oil
- 3 drops Lavender or Clary Sage Essential Oil

Instructions:

1. Blend all ingredients together and mix thoroughly.
2. Spread mixture evenly over face and then rub off with a warm, moist washcloth or rinse with a warm
3. Serves for 3 to 4 uses

Tip: Juniper Berry Essential Oil is another great choice; make sure the Tea Tree Oil is always included. Additional, you can add a blend of the aforementioned essential oils directly to the outbreak or area of concern. However, if the skin is sensitive always use a carrier oil like jojoba, almond, or olive oil.

Precaution: To avoid additional breakouts or an allergic reaction, try a bit of the mixture on the back of the hand first, and if there are no contraindications you may proceed.