

## Magnesium Spray

Size: 2 oz spray bottle

Two options:

1. Without Oil, only water

2. With Oil of choice, yes you can use olive oil - if you choose this option, it has a shelf life of 1week.

### INGREDIENTS

- Magnesium Chloride ( I use Ancient Minerals )
- Distilled Water

For Magnesium Oils spray (options 2) you will need oil of choice

- Essential Oils of choice (optional)

### DIRECTIONS

Dissolve 1 teaspoon of Magnesium Chloride in 1 oz of distilled water

Once dissolved, pour into the 2 oz spray bottle

Add the essential oils of choice at this time ( 15 drops total, but you can mix oils of choice)

Add oil of choice at this time, if you choose to. ( option 2 above) 10 drops

Fill bottle with distilled water.

If you experience stinging or itchiness, add more oil, as the oil eases it. You can also apply oil of choice to

the skin prior to application