



Spray-On Body Lotion

- 1/2 cup favorite lotion or cream
- 1/4 cup distilled water
- 1 tbsp Jojoba oil
- 5–10 drops essential oil (lavender, rose, or citrus)
- Optional: 1 tsp glycerin (extra moisture)

Shake well. Spray & rub in

8 oz Glass Spray Bottles Buy On Amazon

<https://amzn.to/3J6KPEv>

Natural Remedies & Benefits

Trish's Tried & True

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