

Formula F Oil.

For Dry Skin

5 Tablespoons of Sesame Oil. (You can substitute with cold pressed grapeseed oil)

3 Tablespoons of Olive oil

4 Tablespoons of Avocado oil

1 Tablespoon of Wheat germ oil

A few drops of your favorite perfume or essential oil (Tea tree, peppermint, rosemary etc.)

Mix above ingredients in an empty bottle, shake well and store in the refrigerator.

A few drops goes a long way

Apply more to face, neck, hand and arms

Makes the skin look moist, soft and velvety.

Also helps to prevent wrinkles and premature aging of the skin.