



Sleepytime Magnesium Body Spray

A calming blend of magnesium and herbs

Ingredients

- 2 ounces Lavandula Hydrosol
- 1 ounce Chamomile Hydrosol
- 1 ounce Distilled Water
- 2 tablespoons Magnesium Chloride Flakes

This recipe makes about 4 ounces (120 ml)

Directions:

1. Bring water to a boil, then combine with magnesium flakes in a heatproof bowl. Stir until flakes are fully dissolved.
2. Allow magnesium water blend to cool to room temperature, then combine with hydrosols.

Usage & Packaging:

- Shake well, then spritz onto body before bedtime. Massage liquid gently into skin.
- Sleepytime Magnesium Body Spray looks great packaged in our 4 ounce Aluminum Sprayer Bottles.
- This product should last as-is at room temperature for several weeks. To extend shelf life, consider adding a preservative to the formula.

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