



## Fire and Ice Massage Oil

This recipe, I think, would be perfect after a hard workout and your muscles are sore. Take a hot shower and then massage this oil on your body for pain relief. The herbs are warming and cooling at the same time.

1/2 cup carrier oil of your choice (almond, safflower, or sunflower oil will work fine)

2 teaspoons powdered cayenne pepper

2 teaspoons powdered ginger

48 drops of peppermint essential oil

1/4 teaspoon peppermint menthol crystals

Combine carrier oil and herbal powdered in a clean, dry glass jar. Place a square of natural waxed paper on top of jar and seal with lid.

Place jar in warm location for 4 weeks and let herbs steep.

When ready, strain the liquid through a stainless-steel mesh strainer lined with cheesecloth to remove most of the powders.

Transfer oil to a clean dry jar and add essential oil and menthol crystals. Stir well.

Label jar and store unrefrigerated. Use within 6 months.

*(Adapted from Herbal Academy Herbal Aphrodisiacs Intensive Course)*