

ALL-NATURAL ECZEMA CREAM

What you'll need

Aloe Vera (plant or bottled)

Lavender essential oil

Tin with a lid

Wax paper

Glass amber or cobalt blue bottle

How-to

STEP 1

If using bottled aloe Vera pour 1/4 cup of aloe vera into a small bowl. If using aloe vera leaves, take 1 leaf from the top of the plant (bottom leaves are bitter). Using a paring knife or peeler, peel the tough outer layer of the leaf. Extract enough of the gel substance to make 1/4 cup or more of aloe vera.

STEP 2

Add 4 drops of lavender essential oil for every 1/4 cup of aloe vera used to your mixing bowl.

STEP 3

Mix thoroughly with a wooden spoon.

STEP 4

Pour the mixture into a tin which has been lined with wax paper. If you do not have a tin available you may use a glass amber bottle.

STEP 5

Seal the container and immediately refrigerate. The mixture should remain fresh and usable for 3-4 weeks. To use the ointment apply directly onto the affected area.