

five uses for mommy

healing balm for stretch
marks and rashes

add a teaspoon to your tea
or coffee for a quick
boost in energy and brain
clarity

revitalizing skin lotion to
help reduce wrinkles

“oil pull” for a metabolism
boost and healthy detox

antifungal and anti-yeast
nipple cream to eliminate
thrush and heal cracked
nipples

five uses for baby

lotion to soothe skin rash
and baby acne

after bath body rub that
helps your baby sleep

natural ointment to
eliminate diaper rash

healing balm to help
relieve cradle cap

styling agent for those
first few baby hairs!