



***MACADAMIA NUT OIL/COCOA BUTTER  
HAND AND FOOT CREAM***

Ingredients:

1/2 cup Almonds  
1/2 cup dry Oatmeal  
4 T Cocoa Butter  
3 T Honey  
5 - 10 drops Macadamia Nut Oil

Directions:

Process almonds in a food processor or blender until coarse. Combine remaining ingredients in a bowl then mix in almonds. Mix thoroughly. Store in a cool, dry place in a sealed container. Apply to hands and feet before bed and wear cotton gloves and socks. Rinse off the next day.