



Adult Take and Make: Beard & Hair Oil

Inventory:

- 1 small container for your final product (approx. 2 oz. size of container may vary)
- 1 container with jojoba oil (approx. 1 oz.)
- 1 container with almond oil (approx. 1 oz.)
- 1 container with cedarwood oil (approx. .5 mL)
- 1 container with lavender oil (approx. .5 mL)
- 1 container with tea tree oil (approx. .5 mL)

Please have the following on hand to complete this program:

- Paper towels
- Small stirring tool (stir-stick, toothpick, spoon)
- Additional essential oils

Instructions:

1. Pour your jojoba and almond oil into the jar. Close the jar and shake to mix the oils thoroughly.
2. Mix your remaining oils into the carrier oils. Shake to mix.
3. If you have other essential oil scents to add, go ahead and add them and shake to mix.

To use your beard/hair oil:

1. Dip fingers into oil and massage over your hands. You do not need more than a tiny amount to nourish your beard or hair. Run through your beard or hair- if going through hair, avoid the roots. Works best when hair is damp.
2. Store somewhere cool and dry.

Other (and optional) ingredients:

1. If desired, mix 2 – 3 oz. of coconut oil into oil. This will make it more like a hair treatment, which needs to sit for at least 15 minutes and then be rinsed out.
2. For stronger scents, add additional essential oils.