



Puppy Eye Relief

Ingredients

¾ cup of coffee grounds (air dried)

1 cup olive or coconut oil

5 drops Cedarwood Oil (or Frankincense or Rosemary)

5 drops Geranium Oil (or Bergamot)

Instructions

Combine all ingredients in a bowl, mix well.

Apply a small amount of mix onto middle & index finger.

Massage underneath eyes for 3-4mins, making sure your eyes are closed (do not get any of the mixture in them).

Rinse with warm water.

Caffeine helps reduce swelling and inflammation and by combining essential oils with coffee grounds you have a mixture made in heaven. If 3-4mins is not long enough to relieve swelling leave for an extra minute or two. If you have any remaining mixture, make sure you store it in an airtight container.