

*DIY  
Magnesium  
Body Lotion  
Labels*

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## To Use Labels:

- Choose which label you want and print on white sticker paper.
- To make your label waterproof, cover with clear sticky tape or contact (book cover)
- Cut out label on the dotted line
- Stick the label to your bottle or jar

## To Use DIY Magnesium Body Lotion:

*Rub it on your legs or bottom of feet for a good night sleep*

*Rub it on your body for soothing sore muscles*

*Alleviate headaches by rubbing a small amount on the side of your head.*

*Just a word of **caution**-*

- *Those with an allergy to latex should not use Shea Butter, try cocoa butter or mango butter instead.*
- *You may also substitute the extra virgin coconut oil with jojoba or avocado oil (not if allergic to latex though) if you desire.*
- *Some people may react to magnesium, so please try the lotion on a small spot to check. I have read that it is apparently due to a deficiency in magnesium and it should go away after using*
- *Epsom salts are a great product, but do not dissolve as quickly as magnesium flakes. Many people have found the salts to be irritating to their skin. Epsom salts are great for a foot soak or in the bath, but are not great for use in this lotion.*

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