



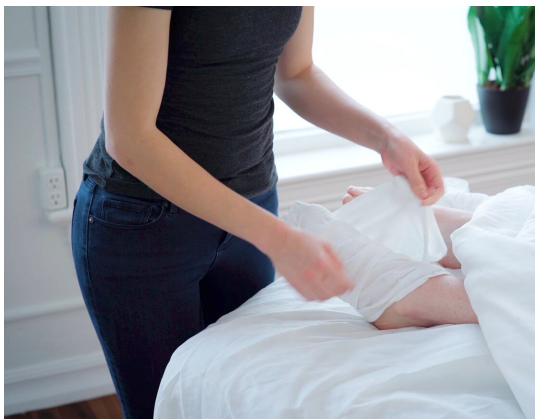
DIY HOT TOWEL RECIPE

Supplies

- Hand towel or kitchen towel
- microwave
- water
- essential oil (optional)

Instructions

Wet towel, and squeeze out excess moisture so that it is damp, not soaking. Add 2-3 drops essential oil to center of towel if desired. Roll towel and place in microwave for 30-60 seconds. Test heat (shake out if too hot), and place on body. Reheat and reuse as needed.



Massage | Made | Simple