

# Cabinet Creations

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## Magnesium Oil Spray

- Nervous System • Muscle Tension • Sleep Support
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### Prep:

- 10 Minutes

### Shelf life:

- 6 Months

### Ingredients:

- 1/2 cup magnesium chloride flakes
  - 1/2 cup distilled water
  - optional: essential oils (lavendar, cedarwood, chamomile)
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### Method:

- Gently warm distilled water (not boiling).
- Add magnesium chloride flakes and stir until fully dissolved.
- Allow to cool completely, then pour into spray bottle.
- Add essential oils if using and shake gently.

### Use:

- Spray onto feet, legs, shoulders, or back of neck.
  - Apply daily or before bed as desired.
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### Apothecary Notes:

- May tingle on sensitive skin. Spray on feet if needed.
  - Supports relaxation, muscle comfort, and nervous system balance.
  - Often used to ease tension, restlessness, and promote more restful sleep.
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