Neal’s Yard Remedies

Tummy tonic massage oil
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This is a great blend to support digestion and ease discomfort.

**Ingredients (Serves 4-5)**

**Create Your Own Massage Oil**
- 250ml

Unfragranced and allergy certified, this gentle base is suitable for even sensitive skin.

**Organic Black Pepper Essential Oil**
- 25 drops

This stimulating oil is the natural solution to easing digestive discomforts.

**Organic Ginger Essential Oil**
- 18 drops

This warming and stimulating oil gently aids a healthy digestion.

**Peppermint Essential Oil**
- 15 drops

A great digestive tonic, this refreshing oil can help to settle your tummy.

**Mandarin Essential Oil**
- 40 drops

Calming with many soothing qualities, this oil helps to promote a healthy digestion.

**Directions**

1. Simply add all the drops of essential oils to the base oil and shake well.

2. Use as a tummy rub, as and when needed.

Recipe by Lisa Gwilliam, trainer and massage therapist at Neal’s Yard Remedies

*Available in Neal’s Yard Remedies stores and online at nealsyardremedies.com*