



# DIY Cuticle & Nail Serum

## You will need:

2 tablespoons Fractionated Coconut Oil

15 drops Lavender Essential Oil

15 drops Myrrh Essential Oil

2 Vitamin E Oil capsules

1 oz Dropper Bottle

COMBINE ALL OILS INTO DROPPER BOTTLE,  
CUT VITAMIN E CAPSULES OPEN & SQUEEZE  
INTO BOTTLE. BLEND WELL. ADD A FEW DROPS  
TO A COTTON BALL, RUB OVER NAILS &  
CUTICLES, ALLOW TO AIR DRY.

## 7 Best Essential Oils for Nails:

Wondering what essential oils will help keep your nails healthy & strong? Here are the best essential oils according to Modern Essentials Reference Guide.

- **Lemon Essential Oil**
- **Frankincense Essential Oil**
- **Myrrh Essential Oil**
- **Eucalyptus Essential Oil**
- **Lavender Essential Oil**
- **Grapefruit Essential Oil**
- **Rosemary Essential Oil**

To use, add 1-2 drops to 1 teaspoon of fractionated coconut oil and apply to nails. If you have a fungal nail infection, melaleuca is the best choice for nails.