



Lisa Bronner's

USAGE CHEAT SHEET

ORGANIC MAGIC BALMS

The two Organic Magic Balms share a name, have a similar look, and are made with nearly the same ingredients—but their personalities couldn't be more different!

To use, rub fingers across balm to break the surface and pick up a thin film. If you need a larger amount, use the back of your fingernail to scoop up a bit more.

UNSCENTED ORGANIC MAGIC BALM

The UNSCENTED Organic Magic Balm is ever soothing, comforting, and nourishing. Soothe chapped and itchy skin.

Smooth and soften skin: Smooths and softens rough elbows, heels & cuticles. This is especially effective right after a shower or bath.

Protect skin: Protect skin grazes while healing. Prevent chafing use prior to running, boogie boarding, or other activities. Coat red or irritated noses and cheeks for protection & prevention during a head cold or in cold weather.

Tattoos: Protect new tattoos as they heal & brighten old ones.

Beards: Use to tame unruly beards and softens coarse ones.

Face: Blend a touch of powdered makeup with balm and apply to cheeks and eyelids for a dewy glow.

Lips: Line lips heavily with lip liner and then blend in with balm for nourishing color.

Eyelashes: Apply to eyelashes for a nourishing overnight masque.

Hair color stain prevention: Prevent hair dye from staining skin by applying a layer along your hairline prior to the dye treatment.

Hair styling: Smooth dry hair frizzies and add shine. Apply to dry hair, starting about 1" down from the part. Use on loose or tied back hair.

Eyebrows: Tame and style brows by applying a thin layer of balm and then brushing with a spoolie. Use alone or over brow pencil.

Pregnancy: Rub into stretching, itchy bellies.

Diaper rash prevention: Apply a thin film as needed.

Pets: On pets, apply to dry paws, itchy skin, or irritation around casts and bandages.

Customize: Blend a few drops of your favorite essential oil. Place a few drops on the surface of the balm and rub in with your finger.

ARNICA-MENTHOL ORGANIC MAGIC BALM

The ARNICA-MENTHOL Organic Magic Balm, with its powerhouse of mentholated vapors, is cooling and enlivening.

Muscles & joints: Massage into sore muscles and achy joints.

Feet: Energize tired feet at the end of a long day with a thick layer of balm and some comfy socks.

Bites: Rub into insect bites to cool the irritation.

Massage: Use as a massage oil for a full body or partial massage. Warm a small amount between hands to liquify the balm before applying.

Congestion: Apply to your chest and neck when you're congested.

Post workout: Rub into tight muscles.

Bruises: Rub gently into bruises.

Pick-me-up: Deeply inhale from container for an instant boost.

Disclaimer—Not intended for medical advice. Recommendations are based on personal experience and conversations.

USES FOR EMPTY CONTAINER

The empty balm container has many reuses:

- A travel container for pills or hair ties
- Contain small objects like pins or buttons
- Line with cotton and store jewelry.
- Re-purpose as a gift box.



Visit the website:
LisaBronner.com

Going Green
with Lisa Bronner