



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](http://LisaBronner.com)

**Going Green**  
with Lisa Bronner