

Dear

Thank you so much for coming along to my little menopause soiree and helping to make it a success.

It was great to be able to catch up and connect with everyone. I don't know about you, but I feel so much better for sharing things – Talking of which, I thought you might like to try this recipe for a homemade Hot Flush Spray.

Recipe
(2oz Bottle)

2 Tbsp witch hazel – astringent that is cooling and great for skin

2 Tbsp distilled water – dilutes the witch hazel,

4 drops peppermint essential oil – powerful natural cooling properties

4 drop geranium or lavender essential oil – soothing & calming for skin, plus smells great

1 2oz Spray Bottle

1. pour **distilled water & witch hazel** into a small 2 oz. spray bottle

2. add **4 drops each of peppermint and geranium/lavender essential oils**

3. put on the spray top and **shake well to combine**

Spray on the back of neck and chest to cool down.

I recommend keeping spray in the refrigerator for extra cooling power – it feels even better going on when you get the double hit of the cold spray plus the cooling powers of the witch hazel and peppermint.

Thanks again for coming long, let's do it again soon!

Lots of love