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1 drop peppermint essential oil; 1 drop frankincense essential oil; ½ teaspoon turmeric; Instructions: Heat 1/8 cup of water in a pan. Place the warm water in a small dish. Add the peppermint essential oil. Stir. Add the gelatin. Blend well. Add the frankincense. Stir. Add the turmeric. Stir until well blended.

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