



Ingredients:

- 1 cup arrowroot powder (or you can use cornstarch)
- 1/8 cup Redmond clay (or bentonite clay)
- 1/4 cup lavender blossom powder

Instructions:

Mix all ingredients together and put in a spice jar to easily sprinkle over body.

To Use:

Sprinkle over body parts that need to be kept dry, to prevent chaffing, rashes and skin eruptions.
Apply to baby bottom after each diaper change to prevent diaper rash.