

# Cannabis Lotion Recipe

1. Melt 2 cups of coconut oil in the microwave.
2. Place coconut oil in a sauce pan.
3. Preheat oven to 200 F
4. Crush 7 grams of high quality marijuana or 14 grams of low quality and place on a baking sheet.
5. Put baking sheet in the oven for 10 minutes.
6. Remove marijuana from the oven and place in the sauce pan with the coconut oil.
7. Simmer for 30-45 minutes (DO NOT BOIL) and stir often.
8. Strain oil from marijuana with a cheese cloth or tea strainer.
9. Melt 1 ounce of beeswax and combine with 5 ounces of cannabis infused coconut oil in sauce pan on low heat.
10. Add 1 TBSP of Vitamin E oil\*
11. Remove from low heat after 5 minutes and let the mixture cool for an hour.

Apply to joints, skin and achy parts of your body.

**\*You can also add emu oil or aloe vera**

**NEVER APPLY TO OPEN WOUNDS**