

Padsicles



SUPPLIES

- Biggest pads you can find (IE Always Overnights)
- Witch Hazel
- Aloe Vera
- Lavender Essential Oil (optional)
- Large freezer storage bags

INSTRUCTIONS

- Partially unwrap a few pads at a time, but don't detach the wrapper.
- Spread aloe vera generously up and down the whole pad.
- Pour about a teaspoon of witch hazel down the middle.
- Add a few drops of lavender oil.
- Fold the pads back up to how they were and stick them in a gallon sized plastic bag.
- Place in the freezer.
- Pull them out of the freezer, one by one, as needed and let them thaw for two or three minutes before use.