



DIY

HAND & BODY SCRUB

About 12 oz

INGREDIENTS :

- 1 cup Epsom salt
- 2 Tbsp fine Himalayan Pink or Sea Salt
- 1/2 cup of Carrier Oil (s): Apricot Kernel or Jojoba or Sweet Almond
- 1 tsp Pomegranate seed oil
- 1 tsp Vitamin E oil
- 10 drops therapeutic grade citric essential oil (Grapefruit, Bergamot, Lemon or Orange)
- 5-8 drops therapeutic grade Eucalyptus essential oil
- 1 tsp dried crushed Rosemary
- 1 non plastic bowl - Large
- 1 or multiple jars for packaging 12oz of product

STEPS :

First; In a mason jar (or any glass sealed container), mix the crushed dried rosemary and the apricot or jojoba oil. Leave by a sunny window 24hrs. (This is optional. Same day also works) Shake often.

1-2 Days later;

1. Mix all ingredients
2. Package in chosen jars
3. Rub a small amount in circular motion, on hands, feet or desired body part. (avoid using on the face). Enjoy this moisturizing and exfoliating ritual!
4. Rinse with lukewarm water
5. Gently pat dry

