

## Herbal Body Scrub



### Ingredients:

1 cup sea salt or sugar (white, brown, or both)  
4 Tbsp. powdered herbs  
1/2 cup of oil (olive, apricot, grapeseed, almond, etc.) \*I love to use herbal infused oils  
20 - 30 drops essential oil(s)

### Instructions:

Mix the salt or sugar and herbs together, add oil and stir until well combined. Adjust oil to desired consistency. Add essential oil(s), stir well and store in an air tight container where it will keep for up to 6 months.

### To Use:

Rub over entire body from the neck to the bottoms of the feet, focusing on the elbows, knees and heels of the feet. Step into warm shower to rinse off. Pat dry and follow up with Body Butter or Lotion Bar for cleansed, moisturized, soft, silky skin.

### Rosemary Lavender Scrub

1 cup dead sea salt  
2 Tbsp. lavender powder  
2 Tbsp. rosemary powder  
½ cup lavender infused olive oil  
15 drops lavender essential oil  
5 drops rosemary essential oil