



### Body Scrub

1 cup mineral salt  
½ cup jojoba oil  
5 to 7 drops essential oil (more or less depending on your likes)

**How to use:**

Use during shower  
Stir body scrub with Tablespoon  
Take one tablespoon of body scrub and scrub body.  
\*Beware shower floor can become slippery  
Rinse thoroughly  
Enjoy baby soft skin

### Face Scrub

1 cup oatmeal (put in food processor to grind)  
1 teaspoon of honey  
2 drops essential oil (more or less depending on your likes)

**How to use:**

All mixed together when ready to use  
Add water just to make paste  
Gently massage into face  
Rinse  
Enjoy soft glowing skin