



Ingredients:

- 2 cups sea salt
- ¼ cup coconut oil
- 10 drops Lemongrass oil
- 10 drops Bergamot oil

Instructions:

1. Mix sea salt, ¼ cup coconut oil and 10 drops of each lemongrass and bergamot essential oils into a bowl.
2. Use scrub on body, applying in a circular motion
3. Store in airtight container.

This scrub combines two citrus oils, creating a sense of both calmness and uplifting. Lemongrass offers purifying and toning benefits for the skin as well as a refreshing feeling post-exercise. Bergamot is cleansing, soothing and purifying. Together these oils will help heighten awareness and promote a positive outlook as well as provide a refreshing scrub sweat session. *Avoid sunlight and UV rays for at least 12 hours after applying to skin.