



Exfoliating Body Scrub

*Boost circulation and tone skin (do not use on sensitive or inflamed skin)

Ingredients:

- 30ml fractionated coconut oil
- ½ cup fine sea salt
- 10 drops grapefruit oil (feel free to change this to Wild Orange, Lime or Lemongrass)

Instructions

1. Pour carrier oil into a glass bowl and add essential oils, mix slightly.
2. Add sea salt in stages stirring until thick paste is formed.
3. Add more carrier oil if a looser consistency is desired.
4. Apply by massaging in circular motion directly onto skin, either body or lightly to your face. Rinse with warm water.

This scrub is ideally used to help warm you up, help with blood circulation, give you a boost after a hard day and support your emotions through an energizing, uplifting and joyful aroma. By using citrus oils, their high concentration of limonene plays a role in detoxifying and purifying- working wonders on your skin.

*When using citrus oils topically avoid sunlight for 12 hours after applying the oil directly onto your skin.