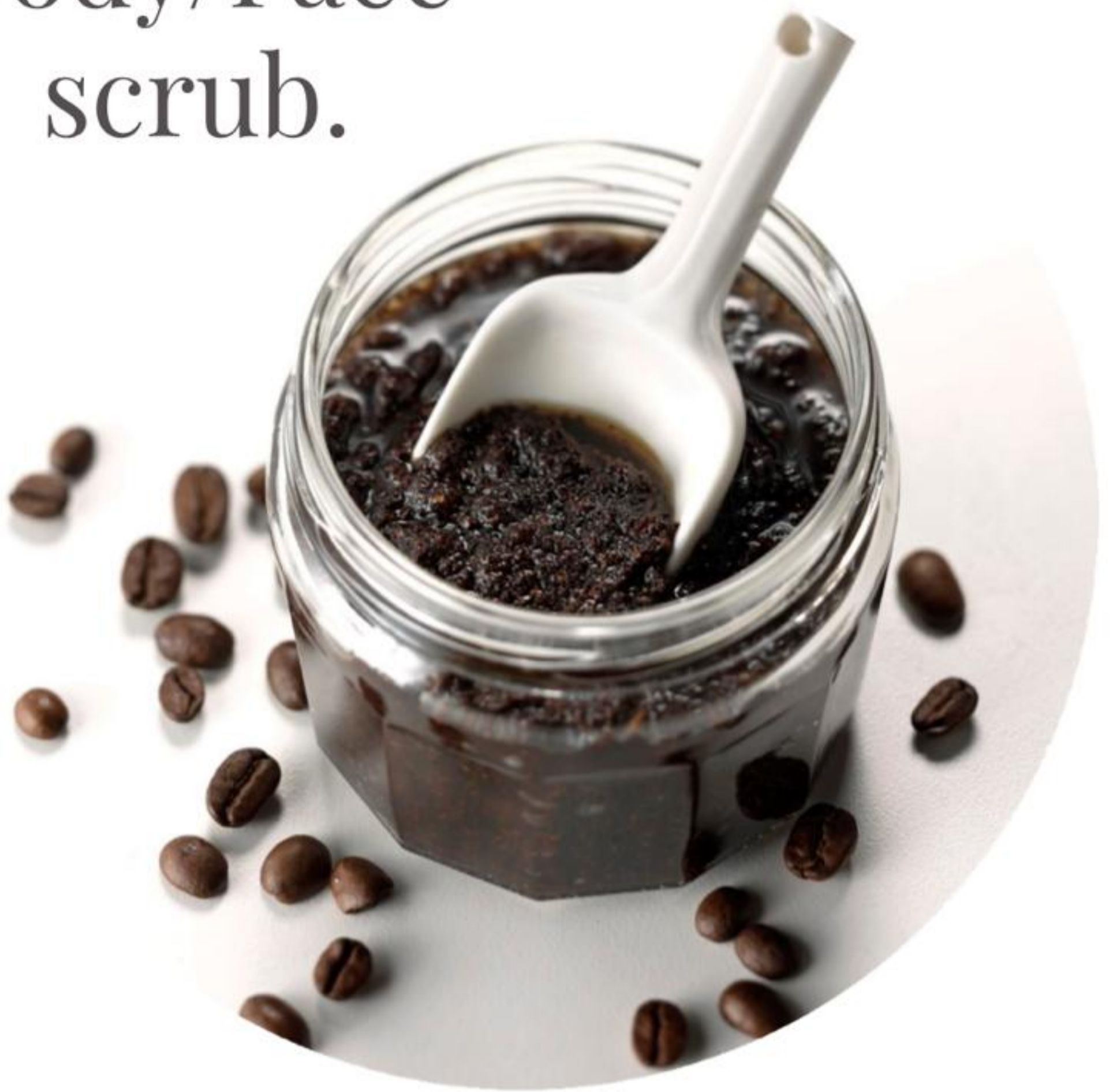


Geranium Body Scrub.



1 cup of sugar
1/4 cup of almond oil or
coconut oil (you can add
more to make it softer)
5-8 drops of geranium oil.
Put everything in a glass
container and enjoy.

Patchouli Body/Face scrub.



Half cup of coffee grounds

3 drops of patchouli

Glass container

You can add some almond
oil/coconut oil to make it

softer.



You can add a single oil to your body scrub or experiment with a combination of oils.

Here are some suggested essential oils to use.

- * Any citrus oil like lemon, orange, grapefruit, lime, and bergamot – Great for uplifting mood. (Please be careful to expose in the sun)

- * Lavender – Very calming and relaxing

- * Peppermint – Great for invigorating the senses

- * Orange & Peppermint – This combination can help with focus.

- * Orange, Lemon, Peppermint – An ideal combination to combat seasonal respiratory irritation.

- * Geranium oil's astringent effect allows skin tissues to tighten and contract, significantly reducing the appearance of wrinkles.

- * Patchouli oil contains a variety of skin benefits and can help reduce the appearance of wrinkles, blemishes, and skin imperfections.