

SALTS & SCRUBS

BATH SALTS

3/4 c Epsom Salts
Baking soda
Misc. salts
Essential oils
Dried flowers & herbs

In a bowl, mix epsom salts with 5+ drops of essential oil and 1 tsp. colored powder, if desired.

Layer in jar using a paper cone. Create layers with baking soda, salts, and dried flowers/herbs. Use a skewer to move layers on edge of jar to create a design.

To use: Sprinkle in warm bath. Relax. Keep in mind that oils will leave bathtub rings and dried flowers/spices are messy.

FACIAL MASK

1/4 c. Kaolin clay
1 tsp-1 TBSP added dry powdered ingredients
4-8 drops essential oil

To use: Mix with water in hand or small container to make a paste. Smooth on face and let dry. Rinse.

FACIAL SUGAR SCRUB

1/2 c Brown sugar
1 TBSP Oil of your choice
1 tsp. added ingredients (powders, spices, etc.)
4-7 drops essential oil

BODY SALT SCRUB

1/2 c epsom salts
1 TBSP coconut or grapeseed oil
1 tsp added oil of choice
1 tsp. added ingredients (powders, spices)
4-7 drops essential oil

In a bowl, mix epsom salts or sugar with oils and added ingredients of choice. Add essential oils. Scoop into jar and add a label.

SALTS & SCRUBS

INGREDIENT SUPERPOWERS

Relieves Body Pain/Tension- Peppermint/Rosemary , Epsom salts

Promotes Sleep - Lavendar

Boosts Energy - Orange, Frankincense, Ginger, Tangerine

Reduces Stress - Bergamot, Lemongrass

Supports Digestion - Turmeric, Rose

Anti-Inflammatory - Turmeric, Coconut Oil

Antibacterial - Jojoba Oil

Anti-fungal - Grapefruit, Tea Tree Oil, Salt, Coconut Oil

Moisturizing - Rose petals. Almond Oil, Vitamin E Oil, Honey

Wound Healing - Grapeseed oil

Anti-aging - Almond oil

Anti-oxidant - Honey, Blueberry

Exfoliating - Baking soda

Reduces sun damage - Coffee

Improves elasticity - Argan oil

Astringent - Rose petals

Reduce acne - Cinnamon

Clear, even complexion/environmental stress - Matcha

Draws out toxins - Kaolin clay