

# 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 rinses 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**