



salt scrub

1/2 cup oil

(Sweet almond, grapeseed or rice bran oil are all good choices.)

1 cup SAXA Fine Sea Salt

5 drops essential oils

(The oil you choose for your body scrub depends on the result you want. Lavender is relaxing, lemongrass is refreshing, rosemary is stimulating and ginger is great for a zing!)

zest of 1/2 lemon or lime (optional)

1. Combine the oil and salt in a bowl and mix well. Add essential oil and zest and combine well.
2. To use, apply to dry skin using circular strokes to exfoliate the skin. Sit on the side of the tub to keep the scrub from making a mess. Don't use a salt scrub if you have any cuts on your skin.
3. Shower off or follow with a warm bath.

Naturally,

