Citrus Body Scrub

Great for waking you up in the morning!

1/2 cup of sea salt or sugar
1/2 cup of oil of your choice (jojoba, coconut, almond, etc.)
1 teaspoon of citrus zest

Mix the ingredients together in a mason jar or reusable container & rub on your skin while you’re in the shower!
Coffee Body Scrub

To eliminate dead skin while working with your body to produce new skin cells

1/2 cup of sea salt or sugar
1 cup of oil of your choice (jojoba, coconut, almond, etc.)
1 cup of coffee grounds (reuse your used ones!)

Mix the ingredients together in a mason jar or reusable container. While in the shower, wash first and then use this scrub for about 60 seconds in each area. Great for targeting cellulite!