

Shower Salt Scrub



A Few Tools

- Plastic Bowl
- Measure spoons
- Facial Brush to stir your creation
- Pouffy Shower Sponge

My Formula Notes

Ingredients

- 2 TBLS Twilight Fragrance-Free Gel Wash
- Your Choice of Essential Oils or Synergy
- Your choice of Pink Himalayan Salt, Epsom Salt , Atlantic Sea Salt or Solar Salt (or a blend of salts)

Put 2 TBLS Gel Wash in the bowl
Add 7 total drops essential oils
Add 1/4 cup of salt or a mixture of salts
Stir gently and check the texture of your salts

Add more salt depending on the intensity of the scrub you would like. And no this part does not have to be perfect. It is up to the sensitivity of your skin and what feels great to you. Be gentle with yourself. You can always add more salt and drops of oils.

TIPS

- Step into the nice steaming shower. Starting from your feet, massage the salt scrub on your body with the movements moving towards your heart
- Essential Oils (especially lavender) will thin your gels and lotions so start with minimum drops
- Essential oils will deteriorate synthetic sea sponges
- For maximum lather use a net shower sponge (you know the pouffy ones that hang from a cord.)
- Always take notes about your formula.