

Exfoliating Salt Scrub

1 cup sea salt or Real Salt
½ cup olive oil OR ½ cup coconut
oil
Essential oils of your choice

Mix the ingredients by hand and
place in a container of your choice.
To use simply scoop out a portion
of the scrub and rub over rough
feet, elbows, hands, etc. Once
thoroughly massaged in, rinse and
pat dry.

Recipe by Tonya Judd

