



## Treat yourself to a Gingerbread body scrub



To 30mls of [almond oil](#), add:

- 5 drops of Organic [Mandarin](#) - calms the emotions
- 6 drops of [Sandalwood](#) - inner peace, calm and clarity
- 1 drop Organic [Ginger](#) - warming and therapeutic

In a jar with two tablespoons of unrefined brown sugar. Pour in the pre-blended oil to your preferred consistency, and scrub away!