



Exfoliating Body Scrub



Using a body scrub is a great way to boost the **circulation** and remove dead skin cells leaving the skin smooth and invigorated.

Almond oil is richly nourishing and great for **moisturising** dry skin. Combined with **skin-softening** oats

and calming Roman chamomile and lavender essential oils, this soothing scrub conditions and softens skin, giving a silky feel.

Ingredients:

Makes 45ml (1.5 fl oz)

Jumbo oats 1 tbsp

Dried Lavender flowers 1 tsp

Almond oil 2 tbsp

Lavender essential oil 4 drops

Roman chamomile 4 drops

How to make

1. Grind the oats and lavender flowers into a pestle and mortar or blender.
2. Mix the almond oil and essential oils together.
3. Mix the ground oats and flowers with the pre-mixed oils until they form a paste (add more almond oil if dry and more ground oats if too wet). Store in a sterilised jar with a tight-fitting lid. It will keep for up to 3 months.

How to use

As a scrub Gently massage the scrub into clean skin and rinse off with warm water. Pat your skin dry with a clean towel.

Safe usage Do not use on broken skin, or newly shaved skin.

Natural and Nourishing, this fragrant scrub leaves skin feeling soft and invigorated.