

# 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!

