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Scrub recipes for face and body

As you sing TLC's 'No Scrubs' in your head (see, I know you are!) whip up one of these amazing skin nourishing body or face scrubs to gently exfoliate and nourish tired and dry skin.

Simple, no nonsense ingredients that you can grab from your cupboard. These recipes also make fantastic gifts popped in a jar with a bit of ribbon - Voila!

INGREDIENTS

Coffee and Brown sugar scrub

1/2 cup coffee, grounds
1/3 cup brown sugar
1/3 cup coconut oil

Oat and Honey scrub

1/3 cup quick oats
2 tbl spoons honey, raw
1 tsp jojoba oil
Filtered water

Sea salt, coconut and citrus scrub

1/2 cup sea salt flakes
1/3 cup coconut oil
1 ea lemon zest and juice

METHOD:

Combine ingredients!

Notes:

Coffee Scrub: Use ground coffee, used is fine (perfect in fact as you're using a product that you would normally throw away!). Be aware that if you don't use in a few days it may go mouldy. To counter this especially if you are using as a gift, freeze-dry your grounds on a baking tray for a few days before combining with the other ingredients and store in a dry place.

Oat Scrub: Use the water only to alter the consistency of the mixture to your liking. You can absolutely use it without. This scrub is probably the gentlest so perfect for your face. You can even leave it on like a mask for 5 minutes before gently washing off with warm water.

Salt Scrub: You may not need all of the juice of your fruit, mix all ingredients with the zest first. If you wish to use citrus essential oils instead of fresh fruit, you can totally do that too.



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