

ELIXIR COLLECTIVE NO. 4

MANGO GINGER HONEY SCRUB

This luscious scrub combines a few of the islands' sweetest ingredients and will leave your skin glowing! The hint of mango you're smelling is not actually from mangoes — it comes from Big Island Mango Ginger. Fresh Mango Ginger rhizomes were infused into Hawaiian Honey and Organic Coconut Oil, and this hydrating base was blended with Maui Cane Sugar to create a gentle, nourishing body scrub. Exfoliation is a wonderful way to keep your skin healthy: it removes accumulated skin cells and increases circulation to encourage a glowing complexion. Sugar is a gentle exfoliator but a bit coarse for the face, so I recommend using it from the neck down {if you are going to scrub your face, make sure it's with very soft, gentle grains}. To use your scrub, apply to wet skin while bathing, exfoliate in light circular motions and rinse clean. If your skin is oily, follow with soap, but if your skin is dry, use the scrub at the end of your shower routine and let that oil skin in! Because the base consists of Coconut Oil and Honey, the scrub will slightly solidify at cooler temperatures; simply warm it up in your hands or run the sealed jar under hot water {but hopefully this reaches you at the onset of warm weather}. Use this scrub all summer long — you can expect it to last 3 to 6 months, and keeping water out of the jar will help it last as long as possible!

HAWAIIAN MANGO GINGER

Also known as Mango Turmeric, this aromatic rhizome actually looks more like Turmeric than Ginger: its botanical name is *Curcuma amada* {Turmeric is also of the *Curcuma* genus} and all three are part of the Ginger family, Zingiberaceae. Mango Ginger is a much-loved Ayurvedic beauty secret for its skin-nourishing properties. It is considered to be topically emollient and anti-inflammatory, as well as soothing for dry or itchy skin; recent research has demonstrated antioxidant and antibacterial properties. I included a tiny piece of Mango Ginger in your package — feel free to nibble on it, cook with it or slice it up and add hot water to enjoy as tea! Your sample {and the one I used to stamp this card} comes from the same batch of fresh rhizomes I used for your scrub, sourced from Mana Farmacy on the Big Island of Hawaii.