

MAKE YOUR OWN SALT SCRUB

Body Polish (salt scrub) is great for achieving soft, beautiful, young looking skin on the whole body. It's an easy to make gift and an inexpensive way to take care of your skin!

How to Make:

1. Pour 1/2 cup organic Almond or Grape seed cooking oil into a wide mouth 12oz container.
2. Add 60-100 drops of your favorite Veriditas Essential Oils (or try a recipe below) and stir.
3. Add 1 cup Epsom Salts. Stir and cover.



How to Use:

Use in the bath or shower daily or weekly as a cleanser. Scoop from jar and rub entire body. Rinse with warm water. Soaps are drying and most lotions don't work on dry skin. Body polish is a revolutionary skin treatment.

Calming & Firming Beauty Scrub

- 20 drops Lavender
- 14 drops Blue Chamomile
- 8 drops Ylang Ylang
- 7 Rose geranium
- *5 drops Neroli
- *10 drops Veriditas Rose perfume

Minty Wake-up Scrub (For Feet too!)

- 20 drops Peppermint
- 15 drops Mental Clarity
- 8 drops Lavender

Cellulite Scrub

- 50 drops Cellulite Reduction
- *10 drops Rose Geranium
- *10 drops Lemon
- *10 drops Grapefruit
- *8 drops Atlas cedar

Citrus Sun Scrub

- 18 drops Orange
- 15 drops Lemon
- 10 drops Lavender
- *10 drops Grapefruit
- *5 drops Sandalwood

Aphrodisiac Attack

- 60 drops Cocoa perfume
- *30 drops Vanilla perfume
- 10 drops Lavender
- *5 drops Sandalwood
- *10 drops Peppermint

Epsom salts exfoliate and detoxify the skin. Moisturizing oils are then absorbed, leaving you with silky smooth skin. Try it! You won't believe the difference.