



Salt Glow Body Scrub

(contributed by Dorothée)

Ingredients

fine sea salt, enough to fill your container 3/4
olive, grapeseed, apricot, or almond oil, enough to saturate salt in container
dried herb(s) of choice, approximately 1 cup
essential oil of choice

Equipment

blender
fine cloth for straining
wide mouthed jars

Instructions

1. To infuse the oil, place dried herbs and oil in blender.
2. Blend on high for 3 minutes.
3. Place the mixture in the sun for 2-8 hours.
4. Blend on high once more for 3 minutes.
5. Strain the herbs out of the oil with a fine cloth.
6. Place the salt in a widemouthed jar and pour the oil over it.
7. Mix in your essential oil of choice.
8. Combine the ingredients with a spoon. Store in a cool area.

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