

HONEY AND OAT SCRUB

FOR ALL SKIN TYPES

Boost the circulation and slough off any dead skin cells using this gentle scrub that leaves the complexion bright and radiant. Oats have skin **soothing**, **softening**, and **cleansing** properties and their mild action makes them perfect for treating dry or irritated skin. Honey has been used since ancient times as a **moisturizer** that also softens, lubricates, soothes, and **protects** the skin.

INGREDIENTS



MAKES 1¼OZ (50G)

HOW TO MAKE

INGREDIENTS

- 1 tbsp rolled oats
- 2 tbsp glycerin
- 1 tsp honey
- 4 drops orange essential oil

- 1 Using a pestle and mortar or an immersion blender, grind the oats into a fine powder.
- 2 Transfer the oats to a bowl and add the remaining ingredients. Store in a sterilized jar with a tight-fitting lid in the fridge. Keeps for up to 6 weeks.

HOW TO APPLY

Gently massage the scrub into clean skin, avoiding the eye area, and rinse off with warm water. Pat skin dry with a clean towel.

