



## Argan and avocado facial scrub

Frankincense oil has been used for centuries to **tone** and **firm** the skin, and is combined here with ground rice, a lovely natural exfoliator with a gentle scrubbing action. Mixed with **regenerative** argan oil and fatty acid-rich avocado oil, this facial scrub not only polishes, but also **replenishes** the skin. Aim to use twice a week to achieve smooth, glowing skin.

### Ingredients

Makes 30ml (1 fl oz)

Ground rice 1 tsp

Kaolin clay 1 tsp

Argan oil 1 tbsp

Avocado oil 1 tbsp

Rose essential oil 1 drop

Frankincense essential oil 1 drop

### How to **make**

**1** Mix the ground rice, kaolin clay, and the argan and avocado oils together to form a paste (add more of the oils if too dry and more kaolin if the mixture seems too wet).

**2** Add the essential oils. Use immediately.

### How to **use**

**As a facial scrub** Gently massage the scrub into clean skin, avoiding the delicate area around the eyes, then remove with warm water. Pat your skin dry with a clean towel.

Using a facial scrub as part of your beauty regime keeps your skin supple and smooth.

### **BLEND VARIATION**

Experiment to find your favourite facial scrub blend: try palmarosa, lemon, cypress or other skin-friendly essential oils.



*This rejuvenating facial scrub is a richly nourishing treat for tired-looking skin.*

