

HIMALAYAN PINK SALT BODY SCRUB

Himalayan Pink Salt can provide some extra skin-enhancing benefits. These trace minerals may help reduce inflammation and detoxify the skin. The detoxifying nature of minerals could also contribute to the removal of toxins that clog pores — making salt scrubs a great skin cleanser.

INGREDIENTS

- 1 cup fine Himalayan Pink salt
- ¼ cup coconut oil
- 4 drops essential oil (such as lavender, geranium or grapefruit)

METHOD

1. Add the coconut oil to the Himalayan Pink salt.
2. Stir the mixture until well combined.
3. Add essential oil to the mixture and stir well.
4. Store the body scrub in a jar.

