



DIY HAND SCRUB

An easy and low cost and low waste hand scrub for soft and supple hands.

Ingredients

- ½ cup salt
- ¼ cup carrier oil (sunflower oil, apricot oil)
- 10 - 20 drops of essential oil

Method

1. Mix all ingredients together. The mixture should be scoopable but not too runny, add more oil if required for desired consistency.
2. Rub on your hands and rinse using warm water, pat dry and enjoy.