



25 servings



10 minutes



floral face scrub



ingredients:

- 2 cups sea salt OR organic sugar
- 1/2 cup dried flowers {lavender, rose, chamomile, calendula, jasmine, yarrow, or linden}
- 1 cup olive oil, fractionated coconut oil, grapeseed oil, jojoba oil or sweet almond oil
- 3 tablespoons honey
- 2 tablespoons lemon juice
- 10 drops essential oil {optional // lavender, helichrysum, rose, sandalwood, frankincense}

instructions:

1. Grind or chop all flowers into small pieces.
2. Add flowers and salt and/or sugar to a jar.
3. Add oil, honey, and lemon juice and stir well to blend.
4. Finally, add essential oils if using.
5. When you're ready to use, stir scrub, wet face, use about 1/2 tablespoon of scrub. Apply to face and gently rub in circles on face. Rinse off and then follow with face wash.
6. Be careful if you use in shower. Tub can become slick from the oils!

the cuisine of health

- Chamomile is incredibly calming. It...
 - soothes nerves
 - helps with upset & irritable stomachs
 - soothes teething pain in babies
 - relaxes muscle tension
 - treats conjunctivitis / pinkeye