

Easy At-Home Body Scrub

Ingredients

- 1/2 cup sea salt or brown sugar
- 1/2 cup olive or coconut oil
- 1-2 slices of lemon
- 1-2 slices of orange

Instructions

1. Pour oil and sea salt/sugar into a blender.
2. Add fruit (peel and pulp) to the blender.
3. After mixing all the ingredients, scoop into a jar with a lid.
4. Massage onto wet or dry skin for several seconds.
5. Rinse with warm water.
6. Use once a week.

