
BODY AND FOOT SCRUB

Soothe those sore muscles and irritated skin for ultimate relief.

Our unique combination of mineral and botanical ingredients will effectively smooth, soothe and moisturise your skin from head to toe after just one use. Buff away that dry skin and help your blemishes to heal much faster whilst targeting cellulite, stretch marks and skin irritation. You'll also be helping those tired muscles with a double dose of natural Magnesium.

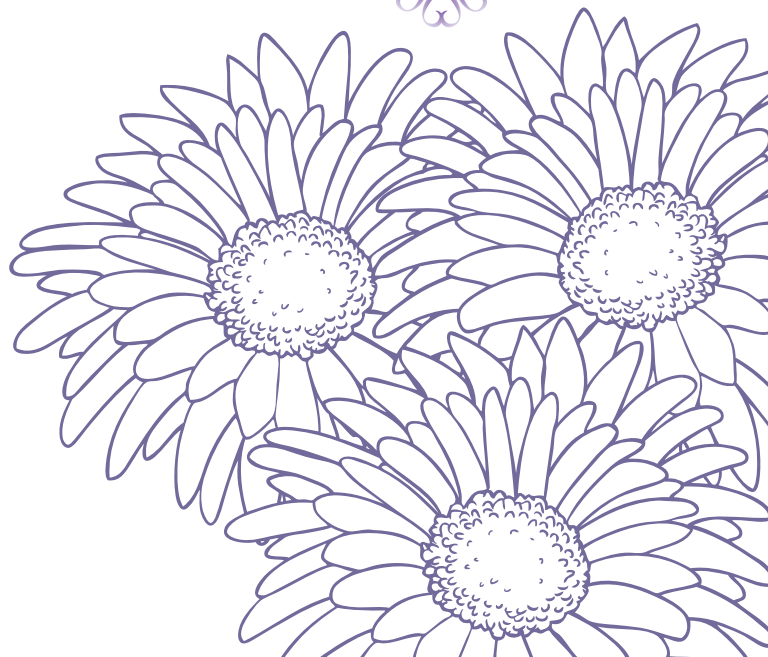


SCRUB BASE

Combination of magnesium sulphate and chloride help to regulate the activity of more than 325 enzymes which perform a vital role in many bodily functions, from muscle control and electrical impulses to energy production and the elimination of harmful toxins. you will be left with more energy, more relaxed muscles, better sleep, improved mental function, less headaches, better arterial health and better hormonal balance.

Gently scrub away to purify your skin with this all over body scrub containing peppermint to stimulate blood flow and target cellulite, stretch marks and other

skin imperfections. Combining the antibacterial properties of Coconut Oil removing excess oil and unclogging pores helping prevent itchy pimples and promoting skin tone.



PEPPERMINT ESSENTIAL OIL

Fresh Peppermint Oil is a very effective painkiller and muscle relaxant to help soothe an aching back, sore muscles, and melt away a tension headache. Its calming effects on inflammation and antimicrobial properties are great for soothing rashes, itches and for helping to cure aches. The menthol sent of this oil can provide relief for colds and other respiratory conditions especially during allergy season and can make you feel full faster and supress your appetite.

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DIRECTIONS FOR USE

Enjoy the benefits of this healing body scrub in the convenience of your bathroom. Dampen skin, take a scoop and rub gently over your body in circular motions for as long as you like. The longer you leave the scrub on, the sooner you will experience the benefits. Rinse well. Because this scrub is natural and gentle, you can use it 3-4 times per week or as often as you like.

Ingredients:

- 1 cup of Epsom salt (a natural source of magnesium) or magnesium flakes
- 1/4 cup of any good quality oil, eg. coconut oil
- Optional 4-6 drops of essential oil of choice (suggested peppermint)



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