

# ROSEMARY, THYME, BAY AND CITRUS SALT SCRUB

Salt is so fantastic for your body: in moderation it's great for your insides, but it's a blessing for your outsides too! Avoid any iodised salt, though, as it has been processed. and the added iodine is unnecessary. Good-quality salt brings many benefits for your skin. It is chock-full of the minerals magnesium, potassium, sodium and calcium, which are fabulous for cell regeneration. Mix up your additions with what is in season and growing locally. Makes 250g

- 220g good-quality salt
- 230ml extra virgin olive oil
- 10 drops orange or lemon essential oil the zest of each
- 1 sprig of rosemary, finely chopped
- 1 sprig of thyme
- 4 bay leaves

Mix the salt and oil in a small bowl until it holds together. You do not want it to be too runny, add more salt if it feels this way. Add the essential oils slowly and then mix in the rosemary. Store in a jar or airtight container for up to a month. In the shower, scoop up a handful of the scrub and use on damp skin, using light circular strokes, then shower off. Avoid using on broken or irritated skin and don't use this on your face or near your private parts.



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